EVERY WOMAN

Her own

MIDWIFE:

Or a

COMPLEAT CABINET

Opened for

CHILD-BEARING

WOMEN.

FURNISHED

With Directions to prevent miscarriages: During the time of Breeding, and other Casualties which usually attend Women in Child-bed

---

Publisht for the Publick Good.

To which is annexed Cures for all sorts of Diseases incident to the Bodies of Men, Women and Children.

LONDON,

Printed for *Simon Neale*, at the Sign of the Three *Pidgeons* in *Bedford-street* in *Covent-Garden*. 1675.

R128
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Toronto Gen.

CR 15 Fol 35

A SHORT COMMENTARIE,

Concerning the Care ought to be had of Women which are with child, such as are ready to bring forth, such as are brought to bed, and alſo of Infants.

Since many ſad and incommodious things are wont to happen to women with child, and in bringing them into the world by ignorance and careleſsneſſe: I thought I ſhould undertake a thing not unbeſeeming a Chriſtian Phyſitian, if I ſhould reduce, as it were, into a breif Comment, what things were fit to obſerve, as well in their time of bearing, as alſo in the birth, from which, being ſomewhat more inſtructed, they might better enjoy their health, preſerve their off-ſpring, and after birth better defend their bodies.

Chap. I.

What things are to be taken heed of in the two firſt Moneths.

SO ſoon as the woman ſhall begin to be with-child, which ſhe ſhall eaſily know, by ſtopping of her monethly flux,

without diſeaſe, or ancientneſſe of yeares; ſhe ſhall abſtain from all vehement motions and excrciſe, whether ſhe walk on foot, or ride on horſeback, or in a Coach, or be carried in a Horſe-litter; For where the body is too much ſtirred, the internall membrane of the Womb is either accuſtomed to be broken, or to be looſly reſolved, and thereupon abortment preſently followeth.

To theſe things the woman with child muſt diligently beware, that ſhe lift not her armes up too high, nor carry great burthens, nor repoſe her ſelf on hard and uneaſie ſeats: But inſtead of exerciſe, which may alwayes in ſome precede before meat, ſhe may walk on foot gently, or ſuffer her body and armes gently to be rubbed and ſtroked, or may ſtretch them forth with ſpinning or carding.

Let her moderately uſe meat of good juyce and eaſie concoction, and Wine not too ſtrong and too ſharp, but a little mingled with water, or if ſhe be abſtemious, ſhe may uſe water wherein Cinnamon is boyled: But ſhe may not feed on ſweet meats, ſharp, and windy; ſhe muſt alſo avoid faſting, thirſt, watching, mourning, ſadneſſe, anger, and all other perturbations of the mind.

Her familiar freinds muſt preſent no unwholſome thing to her, nor ſo much as name it, leaſt ſhe ſhould deſire it, and not be able to get it, and ſo miniſter her an occaſion of abortment, or the Child carry with it ſome foule impreſſions. But if ſhe deſire chalk, clay, or coales, let beanes boyled with ſugar be given unto her: or if ſhe cannot get her longing, let her preſently drink a large draught of pure cold water.

Chap. II.

Order for the third Moneth.

Before the fourth moneth be ended, ſhe muſt neither be let bloud, nor have her body evacuated with any purgative medicine.

But if too much bloud abound, or ſome incident diſeaſe happen

happen, which may require evacuation, you ſhall uſe cupping-glaſſes with ſcarification, and a little may be drawn from the ſhoulders and arme, eſpecially if ſhe have been formerly accuſtomed tothem.

Chap. III.

From the fourth Moneth.

When now the fourth moneth is paſt, bloud-letting and phyſick is permitted, eſpecially if it be gentle, and milde, ſuch as beſt may agree with women with child, and tender or delicate perſons: And by *Hyppocrates* precept may be conceded even untill the ſeventh moneth.

Chap. IIII.

From the fifth,, ſixth, and ſeventh Moneth,

From that time forward none of the before mentioned remedies is wont, or ought from thence to be uſed, becauſe the Babe being now become greater, ſtandeth in need of greater nouriſhment and bloud, and alſo can bear no commotion of phyſick.

Although ſometimes I have met with women, which have ſo much abounded with bloud, that unleſſe they had been let bloud in the ſecond moneth, they would have aborted in the third; others again, unleſſe they ſhould attempt the ſame in the ſeventh or eight moneth, they could not carry their great belly ſo long, or elſe would be delivered of a dead iſſue.

But ſince theſe things happen but to few, they may not be granted to all, but we muſt provide for every one according to their nature and conſtitution.

And this is to be prohibited to all which are with child, that they give not way to take any bloud from the ancle bone of the foot, during the whole time of the womans going, but in ſtead thereof, if the diſeaſe ſo require, an ounce of *Manna* in the broth of a Cock, or ſo much *Caſſia fiſtula*,

or of Sirrups made of Damask-roſes infuſed in *May* dew, about the quantity of an ounce, with a little water of Cinnamon, may ſafely be taken a little before meat.

But if the belly be bound onely without any apparent diſeaſe, the broth of a Chicken, or of Veal ſodden, with Oil, or with the decoction of Mallowes, or marſh-Mallowes, Mercury, and Linſeed, put up in a glifter by the lower parts will not be amiſſe, yet in a leſſer meaſure then is wont to be given in other Children, to wit, of the decoction five ounces, of common Oil three ounces, of Sugar two ounces, of *Caſſia fiſtula* one ounce. But ſharper Purgations, as alſo Suppoſitories made of Honey and Salt, are altogether hurtfull to great bellyed women, or ſuch as lie in childbed. But of fat Pork, which they call Lard, or the yolks of Eggs without ſalt, Purgations and Glyſters are commended. But if ſhe will not take a Glyſter, either for modeſty or otherwiſe, becauſe ſhe was not accuſtomed to take it, one or two yolks of new laid Eggs, or a few Peaſe pottage warm, with a little ſalt and ſugar, ſupped up a little before meat, will be very convenient.

But if the belly ſhall be ſometimes diſtended and ſtretched out with wind, a little Fennelſeed and Anniſeeds reduced into powder, and mingled with Honey or with Sugar, made after the manner of an Electuary will doe very well.

But if the thighs and feet ſwell, let them be annointed with *Oxphrodinum* (which is a liquid Medicine made with Vinegar and Roſe-water) mingled with a little Salt.

Chap. V.

The eighth Moneth

IN the eighth moneth, which is uſually perillous, the better diets, rather than plentieſt, will be moſt commodious. But as they muſt abate their diet, ſo their bodily exerciſe muſt increaſe. And becauſe then women with child, by reaſon of the ſharp humours alter the belly, are accuſtomed to weaken both their ſpirits and ſtrength; they may well take before

before meat an Electuary of *Diarrhodon*, or *Aromaticum Roſatum*, or *Diamargariton*, in the morning before meat, and ſometimes they may lick a little Honey; even as they which loath and nauſeate their meat, may take green Ginger condited with Sugar, or the rindes of Citrons and Oranges condited; as alſo it is uſuall ſometimes to take ſpecificall Sirrups. Moreover, let the woman with child often uſe Honey for the ſtrengthning of the Infant. When ſhe is not farre from her labour, or bringing forth, ſhe ſhall eat daily ſeven toſted Figs before meat, leaſt the ſeconds may be bound up; but if they ſhall be reſtrained and ſtay firme, they may be reſolved: But the woman with child may not eat ſalt and powdered meats, leaſt the child be born without nails.

CHAP. VI.

In the ninth Moneth.

IN the ninth moneth, being near their time, they muſt not be idle, neither ſit much, nor ſtoop much, nor lie on their ſides, ſo that the child may not well turn it ſelf, but ought to lie with her face upward, neither ſhall ſhe bend her ſelf much, leſt the child be infolded and wrapped up in the umbilical ligaments and bonds, by which meanes it oftentimes periſheth; but ſhe muſt walk, and ſtirre often, and exerciſe her ſelf, rather by going upward than downward: Let her uſe light and eaſie meats of digeſtion, as damask-Prunes with Sugar, or Figs and Raiſins, before meat, and alſo the yolks of Eggs, fleſh and broth of Chicken, Birds, Patridges and Pheaſants, and Fiſh living in ſtony places, with good broth.

And ſuch meats ſhall not onely be convenient for this moneth, but alſo for the two ſucceeding moneths, that the natural parts by them may be dilated.

Alſo aſtringent meats, and roaſted meats, and alſo Riſe, hard Eggs, Millet, and others of that kind will be very profitable. Baths of ſweet water, with emollient hearbs, uſed with intermiſſion is meet: But the hot houſe, which they call a ſtow, is hurtful. After the bath, let the belly be annointed

with

with oyle of Roſes and Violets; but the natural parts with the fat of Hens, Geeſe, Ducks, with oyle of Lillies, and the decoction of Linſeed and Fænugreek, boyled with oyl of Linſeed, marſh-Mallows, grains of Quinces, or with this which followeth.

A Liniment.

Take of Mallowes, } both of them cut and ſliced of each
Of marſh-Mallowes, } one ounce.

Of Linſeed alſo one ounce. Let them be boiled from twenty ounces of water to ten; let them take three ounces of the boiled broth, of oyle of Flour-deluce, and of Almonds, of each one ounce, three ounces of Deer ſuet; Bath this from the reſt, and annoint her with it warm.

Alſo they may uſe, for fourteen dayes before the birth morning and evening, to bath and moiſten the belly with Muſcadine and Lavender-water, that the child may be the more ſtrengthened thereby.

She may every day eat toaſted bread, that nothing may grow to the childe.

The naturall parts may alſo be gently ſtroaked down with this Fomentation.

The Fomentation.

Take three ounces of Linſeed.

Of Mallowes, and of marſh-Mallowes ſliced, of each M. i.

Let them be put in a bag and boiled moderately: Let the woman with child, every morning and evening, take the vapour of this decoction in a hollow ſtoole, taking great heed, that no wind or air come to her in any part; and then let her wipe the parts ſo annointed with a linnen cloth, that ſhe may annoint the belly and groins, as at the firſt.

Being near her time to bring forth, ſo that ſhe be within ten dayes thereof, if the woman with child ſhall begin to feel difficulty and pain, let her daily uſe this Bath.

The Bath.

Take of Mallowes, Mercury hearb,
Marſh-Mallowes, *ana* M. i. Maiden-hair, *ana* M. ß.
Cammomil, Of Linſeed four ounces.

Let theſe be boiled in a ſufficient quantity of water, as may ſuffice to make a Bath therewith.

But let not the woman ſit too hot on the ſeat, nor higher than a little above her Navill, nor let her ſit longer on it than about half an hour, leaſt her ſtrength languiſh and decay; for it is better to uſe it often, than to ſtay too long at once in it.

But if ſhe cannot indure to ſit over the water, let her cheriſh her naturall parts, with a ſponge or with clothes wet in it.

A Laconick and ſweating Bath is not convenient at that time but hurtful, though we think women may uſe it.

After the Bath ſhe ſhall alwayes annoint her natural parts of her loines, her flankes, navil, ſides, and other parts adjoyning thereto, with the ointment or fat made of the fore-preſcribed thing, or cheriſh them with the fat marrow.

And alſo fats melted ſometimes, and rightly put up into the natural parts, with a ſponge or gliſter-pipe, if the womb be hot and dry, and the party with child be of a lean and ſlender body.

Fumes alſo uſed, applied to the womb, conduce to facilitate delivery.

Suffumigations of the genitals, to facilitate delivery.

Muſk, Ambergreace, Gallia Moſcata, Aloes-wood, put upon hot coales, and alſo ſweet Hearbs, Mint, Pennyroyal, Calamint, Origanum, Majoram, are of a pleaſant and grateful ſmell, and open womens paſſages, and draw down conception.

But we muſt beware, that ſuch ſweet ſmells of this kind be not uſed to the noſtrils, but rather Balls of *Galbanum*, *Aſſa fœtida*, Mirrh, or Rue.

What

What Meat is moſt uſefull.

Then Pottage of Hens, Capons, and ſuch like are moſt in uſe; and I ſhould adviſe them then to drink thinne generous Wine allayed with water.

What manner of Chamber, the woman with child ſhould lye in.

It doth not a little avail to the happy delivery, that the Chamber, wherein the Child-bearing woman lyeth, be temperate, and be neither too cold nor too hot, for that ſhutteth up the mouth of the womb, and this diſperſeth and digeſteth the ſtrength. In Summer time therefore if heat ſcorcheth, the Chamber may be ſtrowed with Willow leaves, and Vine leaves, and Roſe-water, with a little Vinegar. In Winter, a high or upper Chamber, moderately kept warm, ſhall be convenient, which ſhall be kept warm with a continued fire, as is accuſtomed to be done in *Italy*, *France*, and other hot Countries.

But this is expedient every where, that the natural parts, and thoſe neareſt unto them, be moderately rubbed with hot clothes.

Chap. VII.

What is to be done at the birth.

THe birth being at hand, and paines oppreſſing them, it ſhall be fit, if the belly doe fall down of its own accord, but if it be bound, it muſt be provoked with a gentle Glyſter; for the excrements being caſt out, the womb and the paſſages, thorough which the Child iſſueth, are leſſe preſſed, and ſo the birth followeth more eaſie

Theſe things being well prepared, the child-bed woman muſt be put into bed, if tender, weak, groſſe, and fleſhly; but it ought to be made ready after this manner.

How

How, and wherewith, the child-bed womans bed ought to be furniſhed.

A large boulſter made of linnen cloth, muſt be ſtuffed with ſtraw, and be ſpread on the ground, that her upper part may lye higher than her lower; on this the woman may lye, ſo that ſhe may ſeem to lean and bow, rather than to lye drawing up her feet unto her, that ſhe may receive no hurt.

Chap. VIII.

To whom the ſeat may agree and be fit.

LEt the ſtrong and luſty women be placed in a chair, which alſo muſt have the lower part not upright, but ſtooping a little, that the child-bearing woman may ſit, as it were, bending backward, clothes, or cloſe compaſſing garments, being caſt about their backs.

In this the belly, together with the whole burthen, may ſooner goe down than in a bed; but it often cometh to paſſe, that the whole Babe lyeth at the mouth of the womb, before that it ſhall get forth, more looſly and openly with the adjoyning places, and by that meanes is compelled to ſtick longer there, from whence ariſeth no ſmall danger of life,

Chap. IX.

What the Midwife ſhall doe in the very moment of the birth.

WHen now the pangs of child-bearing women increaſe more and more, let the Midwife inwardly annoint the ſecret or natural parts with oyle of Cammomil, and white Lillies, nor let her ſet the woman in the ſeat, before ſhe perceiveth the womb to be looſed and reſolved, and the humours to flow over more plentifully.

Moreover, ſhe may not bring her to labour and ſtrugling, before the birth ſhew it ſelf to her view; for they doe but labour in vain, and doe violently diſtort and wreſt away the ſtrength of the labouring woman, that afterward,

when ſhe ſhall have need, it will not be able to work it forth.

But ſhe ſhall ſit fitly over againſt the woman in labour, and ſhall diligently obſerve on what part the birth moveth it ſelf; for if it come the right way, ſhe ſhall annoint and cheriſh the ſecret parts with odoriferous Oils; and if it declineth to the ſides, ſhe ſhall with both hands govern and diſpoſe the belly, that it may fall to the mouth of the womb.

And if the hand or feet ſhew it ſelf firſt, the Midwife, with a ſoft and gentle hand, moiſtened with broth of Fenugreek and Linſeed, ſhall gently reduce it into the place.

Certain women have the mouth of their womb ſo ſtreightned, that without great help, ſcarce or never they can part with the child. And that cometh to paſs by reaſon of divers cauſes; for either ſome ſtrong heat coming from the natural parts, doth two much ſtreighten the inward parts, or the Creature is to big, or the child-bearing woman is to groſſe and fat, or the child is dead, who cannot by motion be furthering and helping to nature, or elſe cold for the moſt part in the winter, eſpecially in young ones, who have a narrow paſſage of the womb, doth more aſtringe and bind it up; or ſometimes heat in ſome is ſo diſſolved, that their ſtrength faileth them in the birth.

Therefore when there appeareth difficulty in bringing forth the Child, Jeſus Chriſt, the onely preſerver and ſaver in danger, is heartily to be called upon, that with his gratious favour he would be pleaſed to be Aſſiſtant to the wretched party in travell.

Chap. X.

When the Infant is come into the world.

When now the Child, or Iſſue, cometh into the world, either with the head or feet, the Mother muſt be incouraged, that as much as in her lyeth, ſhe keep in her breath and reſtrain it, that by that indeavour ſhe may put forth the Child. And the Midwife, in the mean time, muſt with her hand.

hand gently compreſſe and keep down the region of the womb, which is above the navill, and urge the Infant to the lower parts: And although the aſtriction of the womb cauſeth the bringing forth to be more difficult, the parturient woman is to be ſet in a Bath, in which Mallowes, Fænugreek, Linſeed, and Barly are ſodden, and the ſides, hips, and flank, muſt be annointed, with oyle of Roſes and Violets: let the thighs be well rubbed, with *Oxyſaccharum* and half a drachm of Mint, and as much of Wormwood, be exhibited in drink to her: The woman bringing forth may gently be led to her bed; and they which aſſiſt her at her labour, muſt not look or gaze in her face, as ſuch who are aſhamed in their bringing forth, that after it, as it falleth out, ſhe ſtrive not to bring forth her young one with ſharper pain.

CHAP. XI

If the Secondines break not readily.

BUt if the Skin containing the young one, called the Secondine, becauſe it is brought forth after the birth, be leſſe eaſily broken, but ſtifly reſiſteth, the Midwife muſt either break it with her nails, and laying hold on it with her fingers, cut it with a pair of Sizzers, taking care that the Child may be preſerved ſafely in doing it: On the contrary, when the skins are broken or cut in peices, if all the humours preſently ſhall overflow before the child come forth, and the naturall places ſhall be dried up, let Gooſe greace, with oyle of white Lillies melted, be poured in warm, or the white of an Egg with the yolk be put up.

What is to be done after the child is born, if yet the Secondine, or after-birth, be retained.

If the Child being born, the Secondines be as yet pertinaciouſly retained, ſneezing muſt be provoked, if it come not voluntarily, putting Ginger or ſome other ſharp thing up into the noſtrils; or a ſcruple of Unicorns horn beaten into powder ought to be drunk hot in white Wine (in want of Unicorns

horn uſe good Harts horn, or Bezar four graines) or the juyce of Borrage exhibited in drink bringeth them down, becauſe it eaſily moveth vomit, and they thereby are brought forth.

Another approved Remedy for drawing them forth.

Take of *Seſely*, Cinnamon,
Of Mirrh, and of ſweet *Caſſia*, of each equall parts.
Let theſe be exhibited with Mugwort-water.

Another Receit.

Take powder of the Jet ſtone exhibited in Mugwort-water, or elſe about a drachm of the powder of Mallowes ſeeds exhibited in hot water, or the ſuffumigations of Horſe hoofes.

Chap. XII.

To draw forth a dead Child.

IF the child be dead, an equall quantity of Rue, of Mugwort, Wormwood, and black Pepper, being each of them reduced into fine powder, and boyled in Wine, muſt be exhibited, or Vervain boyled in Wine, or Water, or Vinegar; or Savory bruiſed and tied upon the belly bringeth forth the Child, whether it be yet alive or dead; or Butter with Honey boyled in Wine; or decoction of Hyſop well dryed exhibited in hot water: but if it yeildeth not, nor cometh away with theſe, let Rue, Mugwort, *Oppoponax*, and Wormwood dryed, with a little Oil and Sugar, be laid to the groin, or the navill; and moreover, the skin of a female Snake put about the woman in the manner of a girdle. Alſo the ſtone *Ætites*, tied unto the thigh, after the Child is brought forth, ought preſently to be taken away, leaſt the womb, after the Child be brought forth, come forth alſo.

Moreover, ſneezing alone accellerateth delivery., but it ought to be uſed with the mouth and noſtrils cloſe ſtopped, and Ginger, or ſome ſuch thing, put up into them; for from

hence

hence a great force of the ſpirits is thruſt thence unto the inward part.

Chap. XIII.

How the bellies of child-bearing women, being coſtive or bound may be looſned.

IF the belly doe not evacuate the excrements, the firſt dayes of her being brought to bed, bring a Fig, cut in the middle, into the form of a ſharp tent faſhioned like a mans Yeard, and put it up into the Fundament inſtead of a Suppoſitory; or elſe put a grain of Coriander, confected with Sugar, up into that place; or put a peice of Swines fleſh powdered, or Lard, brought into the ſame form, up into the ſame place, or frame a Suppoſitory of white Sope, and apply it thereto.

About four or five dayes after the birth, you may uſe a gentle Gliſter of half a pound of Sallade oyle, with a quartern of Barly boyled in broth, with two ounces of Sugar, with the yolke of an Egg, beaten together.

But if at the eighth day the belly anſwer not their expectation in looſeneſſe, let three drachms of *Caſſia* newly extracted, well confected with Sugar, be taken morning and at evening before ſupper in the manner of a bole, and preſently let her eat thereupon.

Chap. XIV

What things are to be applied to the naturall or ſecret parts.

SO ſoon as the Child is born, let this aſtringent Fomentation be applied unto the naturall parts.

The Fomentation.

Take of red Roſes two pugils; a pugill is the quantity you may take up at once between your firſt three forefingers.

Let them be boyled to a third part, in high red Wine inclining to a blackiſh colour, with a fourth part of water put thereunto, then put into the decoction a whole Egg, and let it

it be mingled together, and applied to the place, with flanen rowlers, and kept on for the ſpace of two dayes.

Another.

Take of oyle of *Hypericon* four ounces.
Of Roſe-water two ounces.
Of the juyce of *Solomons* Seal one ounce.
Mingle theſe well together, and let the rowlers dipped in them be applied to the ſecret parts.

An Ointment.

Let the belly be forthwith annointed with this Ointment, leaſt it become wrinkled or deformed, and that it may be thereby better ſtrengthened, and may return to the old form.
Take two ounces of Roſe-water.
An ounce of Mirtles.
Half an ounce of Cats fat.
Theſe things ought to be melted, and mingled with the before recited Oyles.

A Girdle for the belly.

After the Unction, put on a Girdle of Dog-skin, well prepared by a Leather-dreſſer, and annointed with two ounces of oyle of Mirtles, and one ounce of oyle of Maſtick, and half an ounce of oyle of *Hypericon* mingled together.

But it muſt be ſo large, as it may comprehend or compaſſe the whole belly a little above the naviil, even unto the naturall parts, and muſt ſtreightly bind up the ſame, but without pain. And this will be fitly done, if it be ſowed together with thred on the left ſide, and be put hot enough to the belly, and be compaſſed with four or five double linnen clothes, binding them with fit ſtrings together, that the belly may be kept warm.

But let linnen clothes, annointed with an equall proportion of oyle of Mirtles, and oyle of *Hypericon*, be applied unto the naturall parts, from the ſecond day untill the ſeventh.

Chap. XV.

The order from the ſeventh day after the woman is brought to bed.

Six dayes being finiſhed or paſt, on the ſeventh day let the naturall parts be fomented and cheriſhed with this Decoction.

Take of red Roſes,
Of *Agrimony*,
Mellilot,
And Cammomil, of each one handfull.
Of the leaves of *Hypericon*,
Of the leaves of Quinces,
And of Mirtle, of each two pugils.

Let them be boyled in red Wine thick and aſtringent, with a little water to a third part, and let the naturall parts be fomented therewith morning and at evening before ſleep.

On the eighth day.

It is convenient to put to the belly, a plaiſter made with the white of an Egg, and a little Pepper, and taken with flaxen rowlers, or boulſters.

On the ninth day.

If this plaiſter pleaſe not, beſmear a Dogs skin again with oyle of Mirtles and Maſtick, and apply it unto the belly, and it will avail and profit much, to keep it tied with ſwadling clothes unto the end of her child-bed.

A Liniment to ſcatter and diſperſe the Milk.

That the Milk flowing back to the breaſts, may without offence be diſſipated, you muſt uſe this ointment.

Take of pure Wax two ounces.
Of Linſeed oyle half a pound.

When the Wax is melted, let a Liniment be made wherein linnen clothes muſt be dipped, and according unto their large-

neſſe

neſſe, be laid upon the breaſts; but when it ſhall be diſcuſſed, and paineth no more, let other linnen clothes, dipped in diſtilled water of Acorns, be put upon them. But this I onely adviſe them which cannot nurſe their own children: And if ſwelling in them which give ſuck doe ariſe from abundance of milk in their breaſts, ſeem to threaten an inflammation, uſe the former Ointment, but abſtain from uſing the diſtilled water of Acorns.

When, and what Bath they muſt uſe.

From the twentieth day, if it be a male Child, if it be a female, from the five and twentieth day, this Bath may be uſed.

Take of Majoram,
Of Penniroyall,
Mellilot,
Hypericon, or Saint *Johns* wort,
Of Millefoile,
And of Pimpernel, of each M iii.
Of Bay leaves two pugils.
Three ounces of Pomegranades rindes.
Of old Bean meal five pounds.
Of Barly meal two pounds.
Of Cummin bruiſed and beaten into powder, ℔. iii.

Put the hearbs, ſmall chopt, into a bag, but the beans, and Barly, and Cummin, one upon another ſeverally: Let them be ſod altogether in a great Cauldron, which may contain two parts of Water, and one of Wine, let them be boyled the day before ſhe would uſe the Bath, and be poured forth into a tub, which muſt be well covered: The next day heat the water of the Bath; but they muſt take heed they ſit not on the Bath too hot; but two houres will be ſufficient to ſit before meat in the morning, and at evening.

But let the child-bed woman ſit on the bag, wherein the bran or meale is put, but not lower than the region of the mouth of the Ventricle.

Ano-

Another.

Let a barrell, wherein the dregs of white Wine are yet ſticking, be filled with river water, and let it be ſtirred to and fro, that all may be well mingled together, then let the dregs ſettle, and boyle in this water,

Of Bay leaves,
Of red Roſes,
With both the Comferies,
Of *Hypericon*,
Penniroyall,
And Pimpernel, of each p. ii.
Of old Bean meal ℔. v.
Of Barly meal ℔. ii.

Let the child-bed woman ſit on the bag, in which the meales are, or on another, which may contain the brans of wheat.

CHAP. XVI.

Againſt the gripings of the belly in child-bearing women.

THe gripings and gnawings of the belly, eſpecially thoſe which are contracted from the great ſtriving and labour of the belly in bringing forth, and ſometimes from a chollerick matter contained therein, and ſometimes of wind retained.

Outward Remedies.

Exceedingly therefore are uſefull Musk, and Civet outwardly laid to the navill; moreover, oyle of Dill, chafed on the belly as hot as well may be indured.

Inward helps in their meats.

In ſtead of meat, the broth of an old Cock or Capon is beſt, being well ſodden with a little Dill, and ſo taken.

A Drink.

For the drink, a water made up with Cinnamon and

Sugar, which they call *Hippocras*, which is made after this manner.

Put unto water boyled, and hot, and drawn, unto ℥. xx.
Of Cinnamon half an ounce,
Of Sugar three or two ounces.
Three grains of black Pepper.

Mingle them well, and infuſe them for ſix hours, and then ſtrain them in a bag, which the Apothecaries call *Hippocrates* ſleeve. Let the child-bearing woman uſe this potion warm, but very ſparingly; but if ſhe loath this, let her uſe thin, ſmall, and clear wine, unleſſe a Fever ſhall hinder her.

A Potion alſo is made of Honey and white Wine, of each two ounces, to mittigate paine by reaſon of flatuous humours retained.

Some exhibite the jawes of the Pickerell, with Amber, and Ginger, *ana.* finely powdered to drink in white Wine.

Chap. XVII.

The government of the Nurſe.

Let there be given unto the Infant new born Honey to lick, after let it be nouriſhed with the Mothers Milk, which of all things beſt agreeth with it. But if by reaſon of ſome neceſſity it cannot enjoy it, a ſound healthy Nurſe is to be choſen, neither younger than four and twenty yeares, nor elder than five and thirty, of a white and ruddy complexion, which is not infected with other vices, nor yet hath too lately been brought to bed, nor hath not long given ſuck; let her not have ſore Dugs or Breaſts, nor to big, but a large Breaſt, and moderately fat. Let her uſe choiſe meats of eaſie and light concoction, engendring good bloud or juyce; let her abſtain from hot aromaticall Spices, as Pepper, Ginger, Cardamome, and ſuch like; alſo from Leeks, Onions, Garlick, Salt, auſtere and tart things: Let her avoid ſtrong Wines, as alſo cold water: Let her eſchew immoderate eating and drinking, for that corrupteth the Milk, and begetteth in children lepry, or ſcurfe, and other contagious diſeaſes: Let her

abſtain

abſtain from cares and vexations, and let her take heed, leaſt ſhe provoke her menſtruous diſeaſe.

She muſt not ſleep much, or be given to ſleep, for that maketh the Milk flegmatick; ſhe likewiſe ought not to watch more than is meet, for from hence the Milk cometh to be more hot, ſharp, and diſtaſtfull to the Infant; ſhe ought moderately to excrciſe her ſelfe, eſpecially her armes, to wit, either in ſowing, ſpinning, or knitting, for by this meanes evill humours are conſumed, as by eaſe and ſloth they are augmented.

Alſo copulation of the Nurſe exceedingly offendeth, and hurteth the Child, as that which cheifly retracteth and diminiſheth the Milk, and maketh it of an unſavory taſte, taſting hot, and rank, or goatiſh, which bringeth no ſmall inconvenience, and hurt to the Child. For which cauſe, in times paſt, Husbands were driven away from their Wives, and reſtrained from their companies.

But if the Milk decreaſe, Pulteſſes of Bean meal, and Riſe, are meet to be uſed; alſo like paps made of Bread, with Milk, and Sugar, to which may be added a little Fennel-ſeed.

And if the Milk be thick, it muſt be made thinne, with ſlender diet, and ſubtill Wine, and Sirrup of Vinegar, as alſo with exerciſes: But if it be too thinne, and wateriſh, groſſe, and ſtrong meats, and longer ſleeps will be convenient and meet. For the corruption of the Milk, a litile Mugwort groſly bruiſed, and put into a linnen cloth, and ſo into broth, with a little Honey added thereto, will doe very much good.

The care of the Infant.

And if the Childes belly be looſe, the food ought to be more groſſe and ſtrong, and her ſleeps longer: But children may ſuck ſo long, as till they have brought forth ſharp and great teeth: But if you ſuffer them to drink Wine, or ſtrong drink, or other Potions, before they have toothed them, they will be corrupted; but when they have gotten theſe teeth,

their armes, and back bones are gently to be rubbed after their ſleep.

CHAP. XVIII.

A Bath of ſweet water, very profitable for children, as by whoſe meanes they may grow up and increaſe.

THey are, faſting, to be bathed in water before meat, for the ſpace of a quarter of an hour, yet ſo, that the belly may firſt goe down or be emptied, and then they are to be annointed with oyle of Olives made hot.

And it is not of little concernment, in what ſwadling clothes children are wrapped; for when they are not tied up at all, or the clouts are too looſe, they are ſubject to Fluxes, Impoſthumes, apt to be crooked backt, and other diſcommodities; but eſpecially when their knees are too ſtrictly tied and bound up, and their thighs left at liberty, they are lamed.

When they cry, or feel pain, or will ſleep, they are to be pacified, either by ſhewing the breaſt, or by ſinging, or by rocking, either in Cradles, or hanging Beds, or by carrying up and down. But we muſt obſerve, that children may lie ſtrait whenſoever they lie down, and ought not to be covered too much, or hot with coverings, nor yet with too few, leaſt they may catch cold. Moreover, let the linnen cloth, wherein they are wrapped, be neat and clean, for children are offended, and infected by foul and filthy excrements.

From three years of age till the ſeventh, they are to be educated gently and kindly, not to be ſeverely reprehended, chidden, or beaten, for by that meanes they be made throughout their whole life after too timorous, or too much terrified, aſtoniſhed, and ſotted.

Being yet in their firſt years, they are not to be compelled to going, for ſeeing all their bones are ſoft as Wax, and the body fall the heavier, they either become lame, or univerſally reſolved in their feet.

Food muſt be daily given them thrice a day, till they are three

three years old; for if they be much filled, they are ſubject and accuſtomed to be troubled with Convulſions, and other diſeaſes.

In the ſixth or ſeventh year of their age, they are to be ſent to ſchoole, and committed to the breeding and inſtruction of courteous and temperate Schoolmaſters, who may not terrifie them.

Before theſe yeares they are not to be compelled or forced to harder labours; otherwiſe they will not thrive well, but ſtand at a ſtay, and keep little, or become Dwarfes.

CHAP. XIX.

The Diſeaſes of Infants.

WHen as the Infant beginneth to grow ſick, as for example, from a cold diſeaſe, the Nurſe is to be nouriſhed with hot and dry meat and drink, ſo that thereby forthwith it may grow well again; ſo alſo if it be taken with other diſeaſes, as with an Ague, the Nurſe ſhall uſe plantain water, and ſuch like things, Paps made for children of crums or morſels of bread broken or ſliced, are more wholeſome, than made of meal or flour.

Till two years old give them Honey often, for that keepeth them from Convulſions, and coſtiveneſſe of the belly, and that the milk they eat hurt them not.

When Infants caſt up their milk, a Corrall ſhould be hung about their neck down to their middle; for it is uſefull for them in teething, and Ivory alſo is good for the ſame purpoſe.

Diſeaſes and Symptomes, proceeding from the birth, in wome[n] with child.

Gripings and pangs come often upon women from their birth, for the womb, as a wild beaſt, by reaſon of her ſuddain evacuation and emptineſſe, by wandering up and down hither and thither, diſpoſeth it ſelf.

Therefore the belly muſt be covered all over with Barly meal,

meal, and the white of an Egg, mixed together, with juyce of Elder; alſo drinking of hot Wine wherein Cummin hath been boyled, is very convenient and uſefull

Alſo Suffumigations of *Styrax calamita*, Frankincenſe, and Smallage ſeed, of each one drachm, will very much availe.

Chap. XX.

Againſt the Rupture of the Cods and perinæum, *and the part between the riſing of the Yeard and the Fundament, which proceedeth from difficulty of bringing forth.*

TO help the Rupture of the naturall parts, which ariſeth from hardneſſe in bringing forth, the powder of the great Comfery root dryed, with Cummin and Cinnamon, are very good, put up into the womb.

In ſome the wrinkled skin of the Cods is broken from the birth, ſo that there is but one hole between the womb and the fundament, and the ſame courſe, whereby oftentimes the womb goeth forth and is hardened; therefore the diſeaſed parts muſt be cheriſhed with hot Wine, in which Butter hath been reſolved, untill the Matrix be ſoftned, and then it muſt be gently put up: after the Cod skin is broken in three or four places, it muſt be ſowed up with a ſilken thred; preſently let a linnen cloth be put upon the belly, according to the largeneſſe of it; laſtly, let it be annointed with Tar, for the womb, by reaſon of the evill ſcent, is drawn in again. At laſt we heal the Rupture with powder of both Comferies, and Cummin, ſprinkled upon them. But a child-bed woman is to be put to bed, ſo that ſhe may have her feet lie the higher; let her lie there eight or nine dayes continually, and let her take her meat, eaſe her ſelf, and make water there.

She muſt abſtain from bathing ſo long as poſſibly ſhe may, alſo from all thoſe things which may provoke coughing, and from meats which cannot eaſily be digeſted: And for preventing this danger in bringing forth, let a long ball of linnen cloth be made, and put up into her Fundament, and as often

as

as the child-bearing woman ſtriveth to bring forth the Infant, let her ſtrongly compreſſe and keep in her belly, that no diſruption or rupture be made in theſe parts.

Chap. XXI.

For windineſſe or Collick of the belly.

IF the ſecret or naturall parts receive wind in, which being kept in brings forth pain, a Fomentation made with the decoction of Muſtard or Onions, is vety good.

Alſo ſometimes in others ſo great plenty and abundance of wind oppreſſeth them, that they ſeem broken, or as thoſe troubled with the Iliack paſſion, for whoſe eaſe, a Bath made of Mallowes, Pellitory of the wall, and the like, muſt be uſed, and the belly often kept ſoluble.

But ſhe ought to ſtay the longer in the Bath, and when ſhe cometh out of it, a plaiſter of the juyce of Mullein, or Turnup, and Barly meal, muſt be laid on hot, and then let her uſe her Bath again,

Chap. XXII.

For the Itch.

IF thoſe parts itch, ſo that women by ſcratching take away the skin, whereupon blyſters ariſe, which greatly moleſt and trouble them, they ought to be annointed with the Ointment preſcribed for burnings.

Take an Apple, *Bole armoniack*, *Maſtick*, Frankincenſe, Oyle, hot Wine, Wax, and Tallow, and thus you may prepare it. Purge the Apple from the outward rind, and the core, and put it in a pot to the fire, with the Oyle, Wax, and Tallow, and when it ſhall be hot, the *Maſtick* and Frankincenſe, being reduced into powder, muſt be put in, and then being mingled ſtrained through a cloth.

Chap.

Chap. XXIII.

For the Flux of bloud.

For thoſe unto whom an immoderate Flux of bloud happeneth, it ſhall be convenient to give the juyce of Mugwort, Sage, Pennyroyall, and of other hearbs of that kind, made up into the form of a Sirrup.

Alſo Baths made for the ſame diſeaſe of the ſaid hearbs, are good; or by a plaiſter made up with Clay and Vinegar, which muſt be applied to the right ſide.

If the Flux of bloud come from the noſtrils, it muſt be applied to the forehead and temples, having a reſpect to the contrary ſide: For bloud uſeth not to flow out of the noſtrils, unleſſe a male Child be begotten.

Chap. XXIV.

For the falling down of the Matrix from the birth.

A Bath made of Mugwort, Flea-bane, Juniper, Camphire, and Wormwood, boyled in water; let the child-bed woman ſit in this up to the breaſt, afterwards let her be gently put into her bed, and let her lie with her feet drawn backward, that the Matrix may return into its place.

The Womb being put into its place again, put powder of Penniroyall, of *Galingale*, *Spikenard*, Nutmegs, *Avence*, with oyle of Nutmegs, and Penniroyall into a fine thinne cloth, and in manner of a Ball or Peſſary bind it up, and put it into the Womb, and ſhut up the orifice of the Matrix, that it fall not down again: But have a care, that it may peirce backward toward the reins, and there it is to be bound up, but before that be performed, a plaiſter of Bay berries, of Muſtard, Frankincenſe, and of Cinnamon, of each as much as ſhall be ſufficient, being brought into powder, and being heated at the fire, mingled with Honey, and let it be laid to the back being yet hot, and bound up with a ſwath, wherewith the Peſſary, put up into the Matrix, is tied.

But

But let the woman brought to bed lie in her bed upward for the ſpace of nine dayes or more, if need require, ſo that ſhe may not move her ſelf up and down, unleſſe great neceſſity urgeth her; and ſuch meat ſhall be given her, which may not eaſily paſſe through her belly, or may not often provoke her to make water: But now going abroad after her delivery, we muſt put on an intire garment that may keep it in, leaſt it goe out again, unleſſe it be when ſhe maketh water. The third day we muſt make ready a Bath, and then, leaſt they ſhould ſwell, powder of Ginger, Pellitory of the wall, and Cinnamon, of every one by equall parts mixed muſt be blown up.

Chap. XXV.

For the Piles after the birth.

WEe uſe to cure the Piles, ariſing from the fault of the bringing forth, with a Bath of Wormwood, Southernwood; Cinnamon rind, and the bark of *Caſſia fiſtula*, boyled well in Wine; when the woman delivered goeth forth of the Bath, put Bombace, or Cotton, with powder of Alloes mixed with oyle of Penniroyall unto her lower parts.

Chap. XXVI.

Againſt pain of the Breaſts, contracted by too much Milk.

CLay kneaded with Vinegar, after the manner of a plaiſter, is available to aſtringe and keep back the Milk, but the place is firſt to be ſuppled with hot water.

Chap. XXVII.

For the Impoſthume of the Breaſts.

A Plaiſter of marſh-Mallowes, Mallowes, Wormwood, Mugwort, and Swines greace, made up according to art is very profitable; when the ſwelling is come unto the height, lay Nut kernels bruiſed to peices; unto it: And if the

Impoſthume break not, let it be launced with a Launcet or Pen-knife, and ſqueeze it a little, leaſt by the ſuddain evacuation a worſe miſcheevious Impoſthume may come upon it; and when it is broken, put in a linnen cloth, twice or thrice a day, ſmeared with the yolk of an Egg and Turpentine, which ſtrengtheneth exceedingly: And if the Impoſthume chance to paſſe into a Fiſtula, put into it a root of black Hellebor dipped in Oyle or Honey; or ſprinkle powder of the colt-Bur upon it, for with theſe is every Fiſtula purged and deſtroyed, ſo as it be not between the bones; wherefore theſe Medicines are ſo long to be adminiſtred, untill it dye, and be dried up, and afterward the Ulcer be cured.

Some

Some few additionall Obſervations, concerning the paſſages in ths former Treatiſe.

Chap. XXVIII.

What is to be adminiſtred unto the Child, after it is born, for the firſt thing it taketh.

Arnoldus de villa nova, a moſt learned Phiſitian, writeth, that if you give unto a Child half a ſcruple of Corrall finely powdered, with womans milk, firſt, before it taketh any other thing, after it is born, that it ſhall never be troubled with the falling Sickneſſe.

Alſo,

I know perſons of good quality in this our Country of *England* (I preſume, inſtructed by ſome able Phiſitians) who give unto all their own children (and adviſe all other women, where they are deſired to be aſſiſtant at the birth) to exhibite unto the children new born, the firſt thing they take, a little Salt well mingled in a ſpoonfull of Saxifrage, or Hyſop water, to prevent the trouble of frets, and other diſeaſes in children following their birth.

Conceiving alſo, as they ſuppoſe, they have ſome ground for their action, from the fourth verſe of the ſixteenth Chapter of *Ezekiel*, where the Lord, reckoning up the Midwives duties about children, at that time of their nativity, thus ſpeaketh.

And as for thy nativity, in the day thou waſt born, thy navill was not cut, neither waſt thou waſhed in water to ſupple thee, thou waſt not ſalted at all, nor ſwadled at all.

CHAP. XXIX.

For Infants troubled with wind and flegm.

MAny Midwives adviſe the Nurſes, to give them a little pure Sugar-candie finely bruiſed in Saxifrage water, or Scabious water in a ſpoon, well mingled together.

CHAP. XXX.

A moſt excellent Medicine to cauſe children to teeth eaſily.

TAke of pure Capons greace, very well clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and three or four times in a day annoint the Childs gummes when they are teething, and they will break fleſh eaſily, and prevent torments, and Agues, and other greifs, which uſually accompany their coming forth.

CHAP. XXXI.

For Agues in Children.

TAke a ſpoonfull of good oyle of Populeon, and put thereunto two ſpoonfuls of good oyle of Roſes, mingle and incorporate them well together, and then warm it before the fire, annoint the Childs bowing places, his armes, legs ſoles of his feet, and alſo his forehead, and temples twice a day, chafing the ointment well in.

CHAP. XXXII.

For Worms in Children.

TAke of Mirrh, and Aloes, very finely powdered, of each a penny-worth, and with a few drops of Chymicall

call oyle of Wormwood, or Savine, with a little Turpentine, make theſe up into a plaiſter, and lay it to the Childes Navill.

CHAP. XXXIII.

For Heart-Wormes.

Heberſtreit, *Skonkius*, *Hollerius*, and other Phiſitians affirme, they have ſeen them in perſons diſſected: One in a Prince, another in a Citizen of *Florence*; and our *London* Phiſitians of late yeares have ſeen two in *London* (as appeares in Doctor *Mayes* book of Mr *Pennant* of Saint *Giles* in the Feilds) who dyed having a Worm like a Serpent in his heart.

The Cure.

Skonkius out of *Stocherus* affirmeth by certain experiment, that the juyce of Raddiſh, Garlick, and Muſtard, killeth theſe Wormes, which breeding in the cheſt of the heart, cauſe ſwoundings, *Epilepſies*, and many times death.

CHAP. XXXIV.

To cauſe a young Child to goe to ſtoole.

CHafe the Childs navill with *May* Butter before the fire, then take ſome black Wooll, that groweth between a Sheeps legs, and dip it in the *May* Butter, and then dry it, and lay it unto the navill, and it will procure a ſtoole: This is alſo good for one in yeares, who can take no inward Medicine.

Another

Another certain Experiment.

Take a good big green Mallow ſtrig, and ſtrip off the outward skin, and annoint the ſtrig well with freſh Butter, and put it up into the Childes Fundament, and let it ſtay a while there, and in very ſhort ſpace it will procure a ſtoole.

Courteous Reader, I pray accept kindly of theſe few Additions.

This

THis Treatiſe might have been inlarged farther out, by addition of other Experiments, but my Freind, being of the ſame opinion concerning Medicines, that *Seneca* the Philoſopher was of Bookes: *Non refert quanta, ſed quam bona medicamina*; hath confined them to their own limits, onely with a few neceſſary Obſervations inſerted.

M. A.

FINIS.

Choiſe and ſelect Medicines, collected by a Phiſitian for his own private uſe, and Alphabetically digeſted by him, and from him communicated for publick uſe.

A

For the Ach in the bones.

Ecipe. A pennyworth of good *Aqua vitæ*, and as much of oyle of Bayes, and mix them well together warm in a Sawcer, and annoint the place grieved, and chafe it well in (but not by the fire) when it is well dryed in, wrap it up well.

For all Aches and lame Members.

℞. Rye, and Roſemary, *ana* M. ii put them into common oyle, and Malmſie, *ana.* one quart, let theſe things ſeeth half an hour together, then let the ſame Member be bathed therewith, being firſt chafed with a cloth very well, and after bathing

wrap it up in a Lambs skin the woll ſide inward; doe this to bedward for the ſpace of three weeks together; this helped a man which could neither ſtand nor goe, *Probatum.*

An Ointment for all Aches which come from cold cauſes, ſhrunken Sinewes, ſtraines in man or beaſt, it is incomparable, and will keep fourty yeares, but it muſt be made onely in May.

℞. Mallowes, Groundſell, Strawberry leaves, Lavender-cotton, Birch leaves, Chickweed, Comfry, Parſly, Sage leaves, Bay leaves, Rue, Balm, Plantain, Sorrell, wild Briony, Betony, Wound wort, *Cardnus*, *Succory*, Majoram, Lungwort, Cammomill, Adders tongue, Oxe eye, *ana.* M. iii. Chop theſe hearbs very ſmall, and beat them in a Morter, then take Roſin four pound, *May* Butter clarified in the Sun eight and thirty pound, Sallade oyle a gallon, Turpentine four pound, Frankincenſe two pound: Melt the Roſin and Frankincenſe together firſt, then put therein the *May* Butter, and the reſt aforeſaid, and twelve pound of Hogs greaſe, and half a pound of Verdigreaſe, and when all theſe are melted together, then put in the chopt and pounded hearbs, and let them boyle half a quarter of an hour, then carefully ſtirre it a quarter of an hour after, and when it is cold, put it into pots cloſe covered, and ſet them in a horſe dunghill a yard deep for one and twenty dayes, then take them out, and put all the ingredients into a Kettle, and ſet it over the fire again, and boyle them a walm or two, then ſtrain it, and put thereto oyle of Spike two pound, and ſtir it well; and when you uſe it, warm it a little in a Saucer, and rub it by the fire.

*To counterfeit beyond-Sea-*Azure.

℞. Common *Azure*, and beat it very well with Vinegar, and annoint therewith a thinne plate of fine Silver, and put the ſame over a veſſell full of Urine, ſet it over hot aſhes and coales, and let it be ſtirred untill it be like beyond-Sea-*Azure*: This is the beſt way, *Mizaldus* ſaith, he had this out of an old written book.

To

To know good Azure *and pure.*

Lay ſome of *it* upon a hot burning Iron, and if then it will not be burned, nor any *little* ſtone is found therein, then it is pure and perfect, and not ſophiſticate and adulterate: *Mizaldus.*

For an Ague.

When Jeſus ſaw the Croſſe whereon he ſhould be crncified, the Jewes ſaid unto Jeſus, *Art thou afraid, or haſt thou an Ague?* Jeſus ſaid, *I am neither afraid, nor have an Ague*: Whoſoever ſhall wear theſe words, ſhall neither be afraid, nor have an Ague, *Amen, ſweet Jeſus, Amen.*

For a Tertian, or double Tertian Ague.

℞. A good quantity of Celandine, one ſpoonfull of Salt, and the bigneſſe of an Egg of Leven, and as much Allicant, or Spaniſh Sope; ſtamp them well in a Morter, and make a plaiſter of them, and apply them to the Patients feet, one hour before the acceſſe of the fit, adde thereto four or five yolks of Eggs.

℞. Of Anniſeed water the beſt you can get, half a pound of oyle of Vitriol, ſhake them well together, and drink one or two ſpoonfuls hereof one hour before the acceſſe of the fit: *Probatum.*

This Medicine is excellent to cure all kinds of Agues that are.

B

For a ſhort Breath.

TAke the roots of Hollyhockes ℔. i. dry them into fine powder, clarified Honey four pennyworth ſet theſe on the

fire, and ſtir them well together untill it come into the form of an Electuary, whereof let the Patient take often.

℞. Of choiſe Manna called Manna Granata two ounces, flower of Caſſia newly drawn half an ounce, Penidios three ounces, oyle of ſweet Almonds newly drawn half an ounce, the Lungs of a Fox finely beaten to powder two ounces: powder what is to be powdered, then mix them all together, and make an Electuary with Sirrup of Hyſop.

An Electuary for the ſhortneſſe of Breath.

Take a pint of the beſt Honey you can get, ſet it on the fire, and ſcum it very clean, then put into it a little Hyſop bound in a bundle bruiſed a little, let it boyle till the Honey taſte well of the Hyſop, then take it out, and wring out all the Honey, and put into it the weight of ſixpence of Angelica root grated, or cut very ſmall, as much of Elacampane root, of Ginger the weight of two pence, as much of groſſe Pepper, of Licorice eight penny weight cut very ſmall, of Anniſeeds eighteen penny weight, put theſe altogether after the Hyſop is taken out, and let it boyle a walm or two on the fire, ſtirring it a little; then take it off, and put it into a glaſſe or pot, and put thereto three ſpoonfuls of *Aqua vitæ*, and ſtir it well together, and take it on a tufted Licorice ſtick, at morning about ten, and at four in the afternoon, and when you goe to bed, letting it melt down out of your mouths.

For a Bruiſe or Squat.

℞. White Daſie roots, leaves, floures and all, pownd them, and ſtrain the juyce of them into ſtrong *March* Beer, or Sack, and give the Patient a good draught thereof: Or ſeeth them in Ale, and make a Poſſet thereof, and let the Patient drink thereof as of the former, and let him eat the leaves if he can, and let him ſweat after.

℞. Of Comfry M. i. when it ſprouteth forth the youngeſt leaves, wring them with your hands, and put them into freſh Butter

Butter out of the Churne unwaſht into a Frying-pan, and hold it a good way off the fire, and ſo let it boyle together till it be green, then ſtrain it, and keep it for your uſe: *Probatum.*

A Reſtorative for the Backe.

Take of ſtale Ale two pound, of Germander half a handfull, of unſet Hyſop, and of unſet Thyme, and of Clary, *ana.* M. i. a branch of Roſemary, and a good quantity of Engliſh Saffron, a diſh of ſweet Butter, and a good peice of Sugar, then boyle all together till half be conſumed, then ſtrain it, and let the Patient drink it morning and evening.

For Aches in the Backe.

℞. Bores greaſe, and Nerve oyle, *ana. p. æ*, and as much Turpentine, boyle them a little together, and annoint the greived place downward therewith.

For Bleeding at the Noſe.

Take a Toad and kill him, and take three Bricks, put them into fire, and then take out one of them, and put the Toad upon it, then take out another, and put him again on that, and when he is almoſt cold, take off the Toad and put the Brick into the fire; then take the third Brick, and doe ſo till the Toad be conſumed to aſhes, then take the aſhes and put them into a Taffata bag, and when any one bleedeth, apply the bag upon the heart, and it will inſtantly ſtay the bleeding, either of the Noſe, or any Wound,

For Burning, or Scalding.

℞. A ſpoonfull of Sallade oyle, and the white of an Egg, beat them well together, and annoint the burnt place with it often, then take a linnen rag, and wet it in the oyle, and lay it over the ſore, and keep it ſtill wet, till you find the fire be drawn

drawn out of the Wound, then take away the rag, and annoint the place with a feather, and put Harts-tongue leaves to it, and ſo bind it up, and dreſſe it thrice a day for two or three dayes, and after that but once a day, and this will cool it without any ſcarre.

2. ℞. The reddeſt Onyon you can get, and take off the rinde, and beat the Onyon with Bay Salt in a wooden diſh, till it be made very ſmall: then put it very thick upon the burned place, and renew it three or four times, and this will take out the fire, and then you may apply any healing Medicine to it to skin it.

C

For a Cough of the Lungs.

℞ *Ecipe.* Of clear running water three pound, of good Sugar half a pound, with nine Figs ſliced, half a ſpoonfull of Anniſeeds bruiſed, a ſpoonfull of Licorice bruiſed, of great Raiſins, having their ſtones taken out, one handfull, of Maiden-hair one penniworth, boyle theſe together till one half be conſumed away, then ſtrain it thorough a fine linnen cloth, and every morning take two ſpoonfuls of it luke-warm, and you ſhall finde preſent remedy: *Probatum.*

For purging of Colds, Coughs, and comforting the Lungs.

℞. Rubarb two drachms, Sena half an ounce, Anniſeeds one ounce, ſteep them in a pint of white Wine, and put to it one ounce of brown Sugar-candy: ſet it over the fire to be kept ſtewing all night, ſtop the pot very cloſe that no water come out, and in the morning, when it is blood-warm, ſtrain it, and take a pretty quantity of it, and put two drops of oyle of Sulphur into it, and drink it faſting, and faſt two or three houres after, then take a little broth and keep you warm.

A Julep for a Cough.

℞. A pottle of Spring water, and put into it ten branches of Hyſop, and two of Roſemary, Licorice clean ſcraped and thinne ſliced two ounces, of Anniſeeds bruiſed two ounces, French Barly which hath been cleanſed in one water, boyle theſe till half the water be conſumed, then ſtrain it, and put to it three drops of oyle of Sulphur: take two ſpoonfuls of this when you begin to Cough, this will looſen the flegm, and cauſe you to bring it up eaſily.

Another.

Boyle three ſprigs of Roſemary, and as much Maiden Hyſop in two pound of white Wine, of Mace two flakes, of Nut-Neg two or three ſlices, Saffron ſix or eight blades, burn the Wine, and after ſweeten it with brown Sugar-candy, and drink a good draught warm, *mane & veſperi*, and two or three ſpoonfuls in the afternoon.

For Canker in the mouth.

Mingle the juyce of Agrimony with raw Honey, and annoint the lips with it, and it will heal it: *Probatum.*

Richard Jones cured a young man which had the Canker both in his tongue and lips, onely with good Romane Vitrioll diſſolved in ſpring water, and making it as milk warm from the Cow, with a ſtick and a linnen cloth faſtened to the end of it, he waſhed his tongue, mouth, and lips herewith every morning and evening, and cured him in ſhort time.

But if it be in an old man let run too long, that it eat ſtill, and Vitrioll, Salves, nor other waters will cure it, there is no other way to ſave this man, but to waſh carefully his lips, or mouth, with a very little oyle of Vitrioll, to cauterize the veins, and ſtop the malignant humours that comes from the brain and feeds it. But this courſe muſt not be taken unleſſe the

Patient

Patient be in intolerable pain, and in a deſperate caſe, for doe it herewith never ſo little, yet this oyle of Vitrioll will gnaw, and bite, and put the Patient to great pain, that was oppreſt with great pain before, unleſſe you mitigate the pain by often & continual dipping of a linnen cloth kept wet in ſpring water; after a very little time that you have annointed the cankered veines and places, with very little oyle of Vitrioll upon a feather as may be, and ſo let him indure the pain as long as he well can, that this may cauterize and ſear up the veines the better, that ſo he may be cured, which otherwiſe will corrode and eat continually, although he may purge and vomit alſo, and ſo this at laſt will kill him.

For a Conſumption, and Cough of the Lungs.

℞. Coltsfoot, Betony, Burnet, and red Roſe leaves, *ana.* M. i. of Comfry roots ſcraped and ſliced; M. ii boyle all theſe in a gallon of Spring water till it be conſumed to a pottle, then ſtrain it, and ſet it over the fire again, then take a pound of double refined Sugar, and put it into it, and let it boyle over a ſoft fire about a quarter of an hour, then take it off, and put it up, and drink of it ſix ſpoonfuls, morning, and evening, and at four in the afternoon.

2. ℞. Of *Saccharum Saturni* one ſcruple in a quarter of a pint of Goats milk, and give the Patient *mane & veſperi* two or three weeks together, and this will help them, but firſt give the Patient ſome gentle diet-drink to purge them, before you give the *Saccharum* and Milk : *Probatum.*

For Collick, and paines in the backe.

℞. The tender tops of a Bucks horn which is Velvet headed, and cut it in peices, and put it into a new pot well covered, and ſet it in an Oven where it may be dryed and made into powder, of which give to the Patient with a little Pepper in good Wine a pretty draught, and this will preſently releaſe the pain and give eaſe : *Probatum.*

2. ℞. The

2. ℞. The decoction of Hollyhockes, mix it with Honey and Butter, and drink thereof bloud warm: *Probatum.*

For the Cramp.

℞. The leaves or little ſprigs of Roſemary, and put them between every toe, and if you are much troubled with the Cramp, uſe it continually, and this will cure it.

2. Annoint the part cramped with *Unguentum Brioniæ*, and this will help it: *Probatum.*

For a Canker.

℞. Burnt Salt, burnt Eggſhels, burnt Copperas, burnt Bones, burnt Verdigreaſe, Wormwood, and Rue, burnt, *ana. p. æ.* make powder thereof, and mingle them well together, and ſtrow the powder into the Canker, and let no water come to it.

Another.

Take Hog-lice, ſtamp them till they come to an oyle, and annoint the place therewith.

For a Canker in the lips.

℞. The juyce of Agrimony, and mingle it with raw Honey, and annoint the lips with it, and it will heal them: *Probat.*

A Water for a Conſumption.

R. Roſe-water three pound, of Muſcadine three pound, of new Milk a pottle, of groſſe Pepper one ounce, of Cinnamon two ounces, of ſliced bread a penny loafe, the yolks of three new laid Eggs, of Sugar one pound: Diſtill all theſe as long as any water will come; take of this water with a little Pepper a draught faſting, and you will find much good.

For the Cough.

℞. Of the beſt *Flores Sulphuris*, one ounce and half, as much white Sugar Candie finely poudered, mix them together, and take as much hereof as will lye upon ſixpence, mix them well in the yolk of an egg, and ſwallow it down; then walk upon it untill you ſweat, and keep your ſelf warm; and uſe it four or five mornings together, to take it, and walk after it.

For a Cough, or ſhortneſs of Breath.

℞. Of *Aqua vitæ* or Anniſe-ſeed water four ounces, mix it with white Sugar Candie finely poudered two ounces, boyl it in a peuter diſh, over a chafing-diſh, till it be diſſolved, and indifferent thick like an oyle, and take a ſpoonful of this when you goe to bed for three or four nights together.

℞ Elacampane roots cut into ſmall peeces, of Hyſop, Penniroyal, and Liquorice, *ana* M. ii. ſeeth them in a gallon of pure ſpring water, till it come to a pottle, then ſtrain it well, and keep it in a clean pot or glaſſe cloſe ſtopt, and uſe this every day thrice; Firſt and laſt, and one hour after dinner, for ſeven or eight dayes.

For a Conſumption.

℞. Three ſheeps hearts, ſlit them, and take out the ſtrings and bloud, and lay them in water to ſoke a night and a day, then waſh them clean, and put them into a Pipkin, lay in the bottome of the Pipkin, ſtalks of Roſemary in the manner of a Gridiron; then lay the hearts on them, every heart being ſtuck with three cloves, and half a quarter of Sugar being put into every heart: Then ſtop up the Pipkin very cloſe with paſte, and put it in an Oven with houſhold bread, and when you thinke it is ſufficiently ſtewed, take out the Pipkin again, then every morning and evening take a ſpoonful of this Sirrup.

For

D

For the Dropſie.

R*Ecipe*, Half an eggſhel full of the juyce of *Ireos*, of *Mellicratum* four ounces, with pouder of the beſt Rubarb, half a drachm: Take this hot in a morning once a week. This is held for an excellent help.

Another.

℞. A lap-full of green Juniper tops, chop them ſmall, and take a great bathing tub, and put them therein, and ſet the Patient in the tub, ſo that he may not touch the water, wherein theſe tops were ſodden, but put a cricket under his feet, and cover him well up to the throat; let him ſweat ſo long as he is able, and when he cometh forth of the bath, take care he taketh no cold, but carefully put him into a warm bed.

E

For pains in the Eyes.

R*Ecipe*, brown Fennel, white Roſe-leaves, or other Roſe-leaves, Rue, Vervain, Celandine, and Eyebright, *ana p. a.* diſtill it, and keep the water in a Violl.

For ſore Eyes by ſalt Rheum.

Pound Houſleek M i. in a morter, and take the juyce ſtrained through a linnen cloth, put it in a new laid eggſhel, and put a quantity of white Sugar-candie to ſweeten it: Set the Egg over ſome Embers, and let it ſtand, and as the ſcum ariſeth take it off with a feather; and being clear take it off the

fire, and when it is cold, waſh your eyes herewith ever and anon.

Mr. *Nepier* commendeth *Rulandi aqua opthalmica*, to bee the beſt for ſore eyes, Pin and Web, of all waters.

To clear the Eye-ſight.

℞ Rain water of the cleareſt you can get one gallon, let it ſettle and clear by it ſelf at leaſt one day and night, and after put it into a fair baſon of earth glaſed, or of ſilver, then put thereto of Roch Allom, the bigneſs of a Pigeons Egg, and and a quarter of as much white Coperas, and let them ſtand 24 houres well covered, then ſcum it clean with a feather, and drein it into another baſon; then take away the ſcum, and the grounds, and ſo doe it every 24 hours, till it be clear without ſcum or grounds, and when it is perfectly purified, put it into a full pint of the beſt Roſewater which is white, and put it into a good big glaſſe, then ſet it in the Sun thirty dayes or more. Afterwards take it in, and waſh your eyes with it three or four times in a week, when you are in bed, or oftner till you bee eaſed; when you waſh your eyes, lye upon your back, that it may the better ſoke into them, and if it be too ſharp, then abate it, by mingling ſome ſpring water with it. The beſt time to make it is in *Aprill* or *May*; but if need be at any time in the Summer.

If you take the rain-water in glaſſes, or glaſed earthen pans as it falleth from heaven, free from durt, ſand, or other filth, that will be much better.

F

For the Flux.

R *Ecipe*, A Baſon, and ſet it forth in the rain, and ſave the rain that falleth therein, then take a few Violet leaves, and boyl them in the water, then boyl ſome Almonds, but blanch them not, and make Almond milk of the ſame water; If the

Flux

Flux be very ſore, boyle the Almond Milk, and put thereto a little Cinnamon, and Sugar, and drink it.

For the Flux.

℞. The nether jaw of a Pike, and make it into fine powder, and put it into drink or broth, and it will ſtop the Flux.

For the bloudy Flux.

℞. An old Cock, and dreſſe him, put into his belly of Sow-thiſtles M. i. and put him into a fair earthen pot, and put to it five peices of Gold, four Dates, ten Prunes, and a quart of Malmſey; then cloſe up the mouth of the pot as cloſe as you may; then put it into a braſſe Pot with fair water, let it boyle the ſpace of twelve houres, but take care that none of the water come into the earthen Pot; and when the fleſh is conſumed from the bones take it up, and let it run thorough a clean peice of lochram; then put it up into a clean Gallypot, and when it is cold it will be like jelly; put two ſpoonfuls hereof into broth or other meat which the Patient uſeth to eat.

For the bloody Flux.

Seeth a good proportion of Plantain in fair water, till it wax yellow, and all the ſtrength be boyled out of it, then ſtrain the water, and heat a clean peice of Iron red hot, and quench it in the ſaid water, doe ſo nine times, and give it the Patient.

2. Seeth a pint of Milk, and when it is boyled, put into it as much Allum as will make a Poſſet, of which *mane & veſperi* drink a good draught.

3. ℞. That which is ſhorn from Scarlet, make it to a powder, and give the Patient half a ſpoonfull thereof in a pretty draught of Tent, and uſe this five or ſix times.

4. Dry the powder of an Hare, and give it the Patient, in red Wine, and it will help him.

For

For the bloody Flux.

Cut Hollihock roots in ſmall peices, and boyle them in red Wine, ſtrain it well and give the Patient; and if he have a Fever, or Ague, ſeeth the roots in water with ſome Plantain leaves, and let the Patient drink it.

2. ℞. Yarrow, and Plantain, *ana. p. æ.* ſtrain them together, and put thereto old red Wine, called Hollock, or Tent, ſtrain it well, and let the Patient drink a good draught of it firſt and laſt, for three or four dayes together.

3. ℞. Plantain, Ribwort, and Sheapherds purſe, *ana.* M. ß. ſtamp them ſmall in a Morter, then put thereto *Bole armoniack*, and *Terra ſigillata*, and ſtamp them again, and lay it plaiſterwiſe to the forehead cold.

4. Mingle Mint water with ſirrup of Mint, drink it cold faſting; this will ſtop both flux and vomit.

For the bloudy Flux.

1. ℞. Hay well boyled, and keep it over the fire, and every time the Patient goeth to ſtool, let a wiſpe thereof be put into the ſtoole.

2. ℞. Two quarts of Milk, and boyle in it of Sage four handfuls waſhed; boyle theſe to a quart, then put to it a little beaten Cinnamon, and let the Patient take this bloud warm, inſtead of other drink when he is thirſty.

3. ℞. A Nutmeg, pare a great hole in it, and roſt it in embers full of *Sanguis draconis*, and eat it all up: This was Colonell *Hambletons* Secret.

4. ℞, red Bryer leaves, and boyle them well in Milk, and ſweeten it with Sugar.

5. Give Dates ſtones beaten to powder in warm Wine faſting.

℞. Of the beſt Treacle one drachm, in four ounces of *Carduus benedictus* water, give the Patient hereof three mornings or nights to drink bloud warm, and it will take away the fumes

fumes of the head in the diſeaſe of the Flux.

If the fumes of the head be not aſſwaged, let the Patient take four ounces of *Carduus* water, and the yolk of a new laid Egg, and a little Salt, mix theſe, and drink it; this is alſo good for an Ague.

An Ointment for the Flux.

℞, Two pound of *May* Butter, or a gallon of Cream; if of *May* Butter, take *Lunaria ſanicle*, *Salomons* Seal, Mouſeare, Plantain, Adders-tongue, *ana.* one handfull, ſtamp theſe ſmall, and put them into the *May* Butter, and boyle them half an hour with a ſoft fire, ſcumming it with a feather: If you uſe Cream, boyle it till it come to an oyle, which oyle as it riſeth take off with a ſpoon, and put your Hearbs into it, as into the *May* Butter; when it hath boyled, ſtrain your Hearbs thorough a thinne cloth, and let it ſtand till it be cold, after which, ſet it over the fire again till it begin to boil, then put it up in pots.

This is alſo good for burning, ſcalding, or Aches, but eſpecially for the Flux, for which, when you uſe it, obſerve this direction: Take the quantity of a Nutmeg of this Ointment, and melt it by the fire, and ſtroke down the reines of the back till it be dryed in, uſe this for ſeven dayes and nights together if your Flux continue.

For all Fluxes of bloud, and other Fluxes, pains in the Back or Liver, and for inward effects.

℞. Cinnamon, *Caſſia lignea*, *Opium*, *ana.* two drachms, Mirrh, Pepper, and Galbanum, *ana.* one drachm, ſtamp them, and mix them with a little clarified Honey, and make it into a lump or maſſe, give thereof at night two round pills about the bigneſſe of a Pea in the pap of a roaſted Apple, and let not the party drink for two houres after; and if his pain and greif be never ſo great it will eaſe him within one hour or two, and perhaps cauſe him to ſleep ſoundly: you may give it two or three nights together, if the Patient be ſtrong, but if they

be

be very weak, give it every other night three or four times; but if he be in extream pain give it when you liſt: If the ſtomack be full of meat or flegm, it will work leſſe effectually. *Probatum.*

A powder for the Flux.

℞. Half ripe Blackberries, dry them, and make them into powder, give the Patient a draught thereof in a little Tent, or old red Wine, in the morning and evening for five dayes if the Flux continue.

A Gliſter.

℞. A quart of new Milk from the Cow, and put three or four gads of Steel into the fire red hot, and quench them in the Milk till half the Milk be conſumed; then take the weight of eight pence of Deeres ſuet, and ſtamp it into the Milk, and mix it well together, and put it in a boulter bag warm; this you may uſe four or five times if need require.

For Morphew, *or Scurf of face or Skin.*

℞. Of Brimſtone beaten into powder two ounces, mix it well with as much black Sope that ſtinketh, and tie the ſame in a linnen cloth, and let the ſame hang in a pint of ſtrong wine Vinegar, or red Roſe Vinegar, for the ſpace of nine dayes; then waſh any kind of Scurfe or *Morphew*, either in face, or body, dipping a cloth in the ſame Vinegar, and rubbing the face or body therewith, and let it dry by it ſelf: alſo drink the water of Strawberries diſtilled, or tincture of Strawberries, it certainly killeth *Morphew* or Scurfe: *Probat.*

To blanch the Face.

℞. The meat of Lemons having taken away the kernels, and a quantity of fine pure Sugar, ſtill theſe, and keep the water to waſh your face with every night.

To

To ſmooth the Skin.

Mixe Capons greaſe with a quantitie of Sugar, let it ſtand for a few dayes cloſe covered, and it will turn to a cleer oyle, with which annoint your face.

Morphew and Freckles.

Annoint the face with the bloud of a Hare, or Bull, this will take away Morphew, and Freckles, and ſmooth the skin.

G.

For the Gout, or Ache in the joynts, knobs, or knots in the fleſh. Probat.

R*Ecipe*, Of May Butter four ounces; of Cummin ſeed beaten into fine pouder, half a pound, of black ſope, four ounces, of Rue, M. i. of clarified Mutton, M. ß ſtamp theſe in a morter together, aud put to it an Oxe gall, and a ſpoonfull of Bay ſalt, and fry them together till it be thick, then lay it on a woollen cloth, and apply it hot to the ach as may be ſuffered, and let it lye a whole week unremoved: Then lay on another as long a time, and ſo lay on a third plaiſter as long, which will be three weeks in the whole time; and this will give eaſe.

For Gout or Bone-ach.

Take of the beſt *Aqua vitæ* one penniworth, and another of oyle of Bayes, mix them well together, and annoint the place grieved therewith by the fire, warm the ointment by the fire, and then chafe the place till it be dryed in, then cloth it up warm. *Probat.*

For the Gout, or Joynt-ach.

℞ The juyce of Sage, of *Aqua vitæ*, of oyle of Bayes, of Vinegar and Mustard, and of Oxe gall, *ana p. æ.* put altogether into a bladder, and chase it up and down with your hand for the space of an hour and half, and keep it for your use, and annoint the grieved place with it morning and evening.

For the Gout.

Stamp well ℔ iii. of Wallwort, then melt ten pound of *May* Butter, and put it thereto, and let it stand nine dayes together, then boyle them half an hour over a soft fire, then strein it, and annoint the grieved place.

For Gout or Bone-ach.

Annoint the place grieved with very good *Aqua composita* by the fire, and let the same drinke in; doe this three or four times, and whilst it is wet, cast upon it pouder of *Olibanum*, and sow a cloth thereon, and let it lye on for four dayes. *Probat.*

H

Hermes Tree.

First grinde to an Amalgame one ounce of Mercurie, with one ounce of clear Spring-water, then put a round viall glasse, half full of Rose water, or cleer spring water; then put therein your aforesaid Amalgame, then drop therein one drop of the best *Aqua fortis* that can be gotten, and after a quarter of an hour another drop, and so every quarter of an hour one drop, till you have dropt therein ten or twelve drops; then with a very gentle heat, on sand or hot embers, vapour the

the water away ſoftly, and a brave tree of ſilver, ſhall grow in the glaſſe to your admiration.

I

A Plaiſter to help any Stitch, or Impoſthume whereſoever.

R*Ecipe*, The roots of Hollihocks waſhed clean, and cut in peeces, M. i. ſeeth them in fair water, untill the roots bee tender, then take out the roots, and put into the water, of Fenugreek, and Linſeed, *ana* M i. being firſt ſtamped or bruiſed, and ſeeth them together in the water, untill the water rope like birdlime, then ſtamp the Hollihock roots before boyled, and put them to the Fenugreek, and Linſeed, with a handfull of Barlie meal, and fry them together, and if need be, put to ſome Sheeps ſuet, and lay a plaiſter thereof to the ſore, as hot as may be ſuffered; Let it lye twelve hours at leaſt, and then lay another to it, and within nine plaiſters it will work the full effect: It diſſolveth the Pluriſie alſo in applying of three Plaiſters.

For an Impoſthume of the Stomack.

Whoſoever ſhall dayly take in a draught of Ale or Beer, a ſpoonful of the pouder of *Matſelon*, or *Scabios*, it will deſtroy any Impoſthume within him. *Probat.*

A good Oyle to bring in joynts which have been out ſeven years, to give ſtrength to veins and ſinnews, and to keep them brought in, in their places.

You muſt firſt bathe the place throughly that is out for three or four dayes, with Oyle of Cammomil, then againſt the Patient goeth to bed, you muſt have two Neats feet, or ſo many of them as may cover the diſlocation, with the peelings round about: then lay the inſides of the feet in thick and

broad flakes to the place, as hot as the party can indure it, and in the morning remove them, and after with it annoint the place and the flakes aforeſaid with Oyle of Cammomil, and then apply freſh peelings. This for certain hath brought in joynt, that which hath been out of joynt ſix years, and giveth ſtrength to the veins and ſinnews, and will keep the joynts in their firſt place; and the effect will appear in three or four dreſſings.

For the Black Jaundies.

Spread Wheat-ſtraw abroad upon a clean floor in a cloſe houſe, and put in Geeſe, and watch them when they dung: take their dung up with a knife, and ſcrape away the white about the dung, untill you have a good quantity of it, then dry this in an Oven, make pouder thereof, and drinke of it morning and evening warmed in Ale, and it will cure both the black and yellow Jaundies.

2. Dry the gall of a Raven, and grate it into powder, and take a quantity of it in a ſpoon, temper it with Beer or Ale, and drinke this faſting three mornings together: Or take nine or ten ſeeds of Hemp, doe away the husks, and bruiſe them, and put them in Ale, and drinke this faſting, for eight or nine dayes.

For the black Jaundies,

℞. Of Hearb Ambroſe, Betony, Mugwort, *ana.* M. i. three or four Dock roots clean pickt, waſht, and ſcraped, ſtamp all theſe together in a Morter, till they be beaten indifferent ſmall; then take Spicknard, Turmerick, and Gallingal, *ana. p. a.* ſtamp them in a Morter likewiſe, then put the Hearbs into a clean cloth by themſelves, and tie them faſt with ſtrings, and hang them in a gallon or two of good Ale newly ready to be tunned up, and after three or four dayes, drink a good draught thereof every morning next to your heart, and faſt after it three houres, and doe ſo the like when you goe to bed.

To

To make Hartſhorn Jelly.

℞. Two ounces of Hartſhorn being ſmall raſped, and a pint of fair water, one Nutmeg ſliced, one race of Ginger, a branch of Roſemary, boyle all theſe together in an earthen Pipkin over a ſoft fire, till it be very clammy, then ſtrain it into a Baſon, and put to it Roſewater and Sugar.

For [illegible] yellow Jaundies.

℞. Celandine, Engliſh Saffron, and powder of Ivory, ſeeth them in white Wine, and drink thereof eight or nine dayes *mane & veſperi.*

2. ℞. The Urine of the Patient, and drink it with the juyce of Horehound.

3. Seeth the juyce of Cammomill, Morrell, and Mouſeare, in white Wine twice, and drink of it faſting.

For the yellow Jaundies.

℞. The pap of a roaſted Pippin, and put as much powder of Saffron as will lye on a penny, and twice as much Harts-horn finely ſcraped, mingle them well together, and give the Patient three mornings together the quantity of a Nutmeg, and as much at going to bed.

2. ℞. Of the inner rind of Barberry bark, and Gooſe dung that feeds on graſſe, and waſh the white of it, and a little Saffron, ſteep theſe in Ale, and let the Patient drink it in the morning faſting.

3. ℞. Of red Nettle-tops M. i. ſeeth them in a pint of Ale, and drink the ſame four or five mornings together.

4. ℞. Alicant, or hard Spaniſh Sope, and a little ſtale Ale in a Cup; rub the Sope againſt the bottome of the Cup till the Ale be white, then ſhave a little Ivory, and let the Patient drink of this firſt and laſt till he be recovered: Alſo take Celandine leaves, and put them into your Stockings next to your feet.

5. Put

5. Put a good handfull of Celandine leaves into a quart of white Wine, boyle them to a pint: in the winter uſe the roots, and drink thereof morning and evening.

6. Cut out the core of a good big Apple, put into the place ſome ſweet Butter, a little Turmerick, and Engliſh Saffron, cover it with the top you cut off, roſt it tender, and let the ſick eat of this three or four mornings together.

7. ℞. One pennyworth of Turmerick, of the middle rind of the Barberry bark M. ii. of Celandine M. i. ſeeth the Celandine, and the bark, in Ale-wort, putting to it a gallon of new Ale at the tunning, and when it hath ſtood two nights, draw it at the ſpicket, and warm it with a gad of fine Steel, and put to it the powder of the Turmerick, and drink of it firſt and laſt.

8. ℞. The juyce of Liverwort, and the ſcrapings of Ivory, and of Saffron, as much as you ſhall think fit, of French Sope as much as a Cheſtnut, bind them all in the corner of a linnen cloth, and ſwinge them up and down in fair water, till all the vertue be gone into the water, and give the Patient to drink of it.

L

For a lame Leg.

R*Ecipe. Aqua compoſita*, and oyle of Roſes, *ana. p. æ.* mix them together well, and annoint the greived place with it morning and evening, but let the Patient firſt be well rub'd with a warm cloth. *Probatum.*

For the ſame.

℞. Oyle of *Exeter*, oyle Olive, and *Aqua vitæ*, and Beaſts gall, *ana. p. æ.* Mix them all well together, and annoint the lame leg therewith twice every morning and evening, for the

ſpace

ſpace of a fortnight; but alwayes uſe to rub the place firſt very well with warm clothes.

For chopt Lips.

Rub them with your ſweat behind your eares, and this will make them ſmooth and well coloured.

A Drink for the Cough of the Lungs, and Conſumption.

℞. Of Earth-wormes two pound, in a *May* morning, thoſe with black heads are beſt. you may gather enough; put theſe in white Wine for three or four houres then ſlit and waſh them in the ſame Wine, and in another Wine, and lay them in an earthen pan on ſtraw or ſticks laid a croſſe, and put them into an Oven after the bread is drawn, and ſo uſe them till they be ſo dry, that you may pownd them, then ſearce it, and beat it again till it be as fine as flower: then keep it for your uſe, which you muſt take twice a day, in the morning when you wake, and at four in the afternoon, as much as will lye on ſixpence, or eightpence; take it in a ſpoonfull of warm Broth, or mulled Sack, or Mace Ale, and drink a pretty draught of the Broth to waſh it down: if you take it in mulled Sack, or Mace Ale, take not above four ſpoonfuls, uſe this for a moneth, but be carefull of taking cold.

To make a Laxative Whey.

℞. One pound and a half of clarified Whey, Sena half an ounce, four penny weight of Anniſeſeeds, of Hops half a handfull, of Borrage, and Bugloſſe, *ana* half a handfull, Fumitory p. i. ſeeth all theſe in the clarified Whey untill half be conſumed, drink of it two mornings together.

A good Laxative for a Child.

℞. Of Violets three handfuls (if you cannot get them, as much

much of the leaves,) ſeeth them in running water, from a pottle to a quart, then take of Almonds one pound, ſtamp them ſmall, and temper them with the water, and make an Almond Milk of it, and let the child eat and drink of the Milk, and alſo if need require, of the water by it ſelf with a little Sugar.

To cauſe Looſeneſſe.

℞. *Coloquintida* and mix it with Honey, and Bulls Gall, then apply this plaiſter-wiſe to the belly, and this will doe it: Alſo take Wool, or Silk, and dip it in the juyce of Sowbread roots, and Wine, and uſe it as you uſe a Suppoſitory.

For a coſtive by burnt Choller.

℞. Of Mallowes, Mints, Wormwood, and Violet leaves, *ana.* half a handfull, ſeeth theſe in the water of the ſick, and when they are well ſodden, preſſe out the water from the Hearbs, and ſtamp the Hearbs in a Morter, and fry them in *May* Butter, or freſh Greaſe, and make a plaiſter of it, and apply it warm unto the belly, and change it once a day,

For Rheume procuring a Cough of the Lungs

℞. A quarter of a pint of good Sack, of Elacampane roots half an ounce, as much Licorice, powder them very finely, of the beſt refined Sugar half a pound, boyle them together, till they rope in nature of a Sirrup, then take hereof the quantity of a big Filbert *mane & veſperi*, and after as often as the Cough tickles you.

2. Take Virgin Honey, and old Conſerve of red Roſes, *ana. p. æ.* mingle them well together, and take at morning and night three Pills as big as a Nutmeg, and keep warm after it.

A Drink for the Cough of the Lungs.

℞. A pottle of ſpring water, put into it of Oak leaves, M. ß. of Colts foot, of Butter burr, roots and leaves, *ana* M. i. of S. Johns wort, Mouſear, Maiden hair, *ana* p. i. 3 or 4 Harts tongue leaves, a little Liverwort, 6 branches of Maiden Hyſop, 3 or 4 branches of Roſemary, pick and waſh all theſe clean, 16 Figs ſlit in two: Set this over the fire, and let it boyl ſoftly, till half be conſumed, then take it off the fire, and ſtrein it, and put into it of loaf Sugar ℔ ß. and when it is melted, put unto it ſix or ſeven drops of oyle of Sulphur, and put it into a glaſſe, and ſhake it well, and drinke every morning eight ſpoonfulls, which you muſt drink leaſurably, that it may the better fall on the Lungs; about four of the clock in the afternoon you muſt take as much: this will both cleanſe, and heal the Lungs, and ſtop the coughing.

M

A cooling Almond Milk.

TAke Lettice, Spinage, Succory, Violets, langde Beefe, Endive, and red Fennel, *ana.* half a handful, three ſpoonful of Anniſeſeeds, five whole Maces, and one Nutmeg cut into peices, ſeeth all theſe in a pottle of running water to a quart, then blanch your skins, and beat them with the cold ſeeds, and ſo draw it with this decoction, and put into it Sugar, and *Manus Chriſti*, to ſweeten it.

N

A Water to reſtore Nature.

TAke of good new Milk three pound, of red Wine one pound, the yolkes of four and twenty new laid Eggs,

having their whites taken out, beat the Eggs well with the Wine and Milk, and put thereto as much fine Manchet as will almoſt ſuck up the liquour, diſtil this with a ſoft fire, take two or three ſpoonfuls of this uſually in your broth two or three times a day: this is rather to be uſed in Hectick Fevers then in other diſeaſes, becauſe they are alwayes hot in the palmes of their hands, and in the ſoles of their feet, both after ſleep, and after meat, which ſhew the conſumption of the ſolid, and fleſhy parts of the body.

To reſtore Nature conſumed.

Steep the yolkes of two new laid Eggs in ſix ounces of Vinegar ſix houres, then take them out, and with four Dates, and a pint of Muskadine, or Alicant, make a Cawdle therewith as followeth: Take of Roſewater one pound, a pint of Muskadine, boyle therein a diſhful of the Pithes of an Oxe back clean pickt, a large ſawcer full of good Currans clean waſht, four yolkes of Eggs, ſix Dates, a ſtick of Cinnamon, and a good Nutmeg; make a Cawdle of this with Sugar, and having ſo done, ſtrain it, and drink thereof at morning faſting, and at four in the afternoon: it is ſingular good for a weak back, and decaying of nature.

P

For the French Pox.

R*Ecipe*, Of *Lignum vitæ*, ℔ i. of *Sarſaparilla*, ʒ v. of *Sena Alexandrina*, ʒ iv. of *Saſſafras* ʒ iv. of Bole Armon. ʒ i. of Chalk, ʒ i. of *Hermodactilis*, ʒ ii. of French Barlie ʒ ii. bruiſed, of long Pepper a half penniworth, of Saffron one penniworth, of *London* Triacle ʒ i. Boil all theſe in four gallons of ſpring water till half be conſumed, when it is to be boyled put in the long Pepper, Saffron, *London* Triacle, Bole Armoniack, and the *Hermodactilis*: What is to be pounded, pound; and what to be bruiſed

bruiſed, bruiſe; let it boil a good while after thoſe Ingredients are put into the pot, cloſe ſtopped: Then ſtrain it, and with the dregs you may make a ſmaller drinke for the Patient to drinke at meat, or when he is dry; but of the fomer drinke he muſt drinke ℥iiii thrice a day: *Viz.* at eight of the clock in the morning, at noon, and at 10 at night: He muſt eat dryed Bisket, and great Raiſins, and his meat muſt be mutton, dry roaſted without Salt. The party muſt alſo take this enſuing Purge twice, before he drinke the drinke: *viz.* ſix penniworth of *Pulvis Sanctus*, with ℥i. of Sirrup of Roſes ſolutive, well mixed in ℔ ß of white Wine, drinke it blood warm, faſting two houres, and then take ſome warm broth.

Another.

Two or three doſes of Doctor *Vanhocks Roſa vitæ*, given at ſeverall times is very good in this diſeaſe.

Another.

℞. Of *Diaphœnicon*, ℥ii. as much *è ſucco roſarum*, drink this in the morning at ſix or ſeven a clock with ℥iv. of white wine, bloodwarm, for three four or five dayes: It is an excellent purge, and will give you ſix or eight ſtools within two hours. *Probat.*

A Poſſet good in all cold Agues, or Peſtilentiall Diſeaſes.

Make a Poſſet with ſmall Beer, with a quart of milk, as clear as you can, then take of Goats rye, M. i. when you have taken off the curd from the Poſſet, put the Goats rye into it, and let it boyl a good while; then put three or four branches of *Scordium* into it, then take it from the fire, and cover it a while; then ſtrein it, and give the Patient neer a pint of it at a draught warm, an hour before his fit comes; then let him lye ſtill one hour to ſweat, or two, or longer if he can indure it, uſe this for three times; but let the Patient be carefull he take no cold.

The Plague Water.

℞. Harts horne raſped, ℥ i. one root of Saxifrage, the ſtems and ſeeds of red Sage, Rue, Elder leaves and berries, red Bramble leaves, one root of Angelica, or the leaves thereof, Tormentill the roots and Leaves, *ana* M. i. two Oranges, Engliſh ſnake-weed the roots and leaves, *Virginia* ſnake-weed a ſmall quantity, which is much better then ours, of Goats rue, *ana*, M. i. Butterburr leaves and roots, and Pimpernel, *ana* M. ß. *Scordium* ſix branches, Marigold Flours, and Borage flours, and Roſemary flours, *ana* M. i. White Ginger ʒ ii. dryed Figs eight, old Ivie Berries black, two ſpoonfuls, Walnuts fortie, ſtamp them all in a morter, and ſteep them twelve hours in White wine, ℔ ii. and white Wine Vinegar, ℔ ß. then ſtrein it through a fine ſtrong linnen cloth, and adde unto it ℥ i. of Bole Armoniack finely poudered, and a little Pomecitrine rinds one penniworth, and diſtil it in a dry Still, and take morning and evening one ſpoonfull. This is good for any Fever, ague, ſmall Poxe, Meaſels, or any Infection: If it purgeth, as it will if there be any infection, you muſt give the Patient two ſpoonfuls of this till it hath done his working.

An Antidote againſt the Peſtilence, by Dr. *B.*

℞. Three pints of good Muſcadine, of Rue, M. i. of brown Sage as much, bruiſe and boyl the Hearbs in the Muſcadine till a third part be conſumed, then put to of Ginger ℥ ß. of Nutmegs thirty two, a penniworth of long Pepper groſſely bruiſed into the Wine, and let it boil one walm, then take it off and ſtrein it, then put into it a penniworth of Mithridate, two penniworth of *London* Triacle, and a quarter of a pint of Angelica water, drinke one ſpoonfull of this every morning faſting one hour after; but if the partie be infected, then let him drinke two ſpoonfuls, and ſweat upon it.

For

For the ſhaking Palſie.

Take of Cloves two or three ounces, as much of Nutmegs, pouder them ſmall, and mixe them with oyle of Lavender, to make them fit for a plaiſter, ſpread it on Leather, and lay it to the nape of the neck, and wriſts of the hands; Or as I have proved, Take three penniworth of *London* Triacle, a pennie pot of Neat oyle, a pennie pot of Sherrie Sack, mix theſe three things together well, and eat a ſpoonfull or two every morning faſting, and at any time of the day; after this once or twice a day if you pleaſe take a ſpoonfull, or eat it upon new white bread. This will help the ſhaking Palſie, and trembling of the heart, and make a man cheerfull and merrie. *Probatum.* I had the ſhaking Palſie by working in *Mercurie*, no man more, and this in fourteen dayes cured me; God be praiſed.

Another.

Steep Mugwort in Roſewater, waſh the hands therewith, and it will cure their ſhaking and trembling.

To reſtore loſt Speech.

Lay a thin peece of raw Beef to the forehead of them that have loſt their voice, and let it lye one all night.

To reſtore ſpeech to an Apoplectick.

Beat the Kernels of Peach ſtones together into pouder, and give the Patient a good draught thereof in Renniſh Wine.

A Reſtorative Electuary.

Take of great Raiſins cleanſed from their ſtones, ℔ ii. of Licorice ſcraped, and bruiſed, ℥ i. put theſe in ℔ ii. ß. of cleer water, ſeeth them well, and ſtrein them, and put into their

ſtreining, of Mirabolans, Hebal, Citrine, and Indic, cleered from their ſtones, *ana* ℥ ii. of Emblick and Bellerick, *ana* ℥ ii. boyl them, preſſe and ſtrain them, then put thereto of pure Sugar, ℔ i. and when they are boyled up to the thickneſs of a Sirrup; adde in the end of choice Cinnamon, ℥ ß. Cloves and Galingal, *ana* ℥ ii. of Nutmegs, *num.* ii. of Fennel, and Aniſe-ſeed, *ana* ℥ i. Make it into an Electuarie, and put it up into a clean Box, agreeable to the complexion of the Patient that ſhall uſe it; as for the ſpleen, in a Tamarisk, or Aſh boxe, or Juniper for flegmatick perſons, and ſo accordingly of others.

In this Electuary are Medicines for principal Members, *viz.* the Heart, the Head, Stomack, Liver, Spleen, and Generative parts. It is firſt hot, then moiſt, after cold, and laſt dry.

This Medicine was invented by *Arnoldus de villa nova* for hindering old age, conſervation of health, prolongation of life: it not onely comforteth, but purgeth ſuperfluities remaining from the nouriſhment paſt, keepeth back gray haires ſtrengthneth the ſtomack, and giveth a good colour to the whole body.

A Reſtorative good in all diſeaſes.

Take Elder flours, the Eve of S. *John Baptiſt* at Midſummer, according to the Planet which is *Jupiter*, or according to the Sun diall at twelve a clock: Dry theſe in the Eaſt, ſtamp and pouder them, then take Borage water, and put into it ſeven or nine grains of the Piſsle of a Deer, dryed and grated to pouder, with a ſpoonfull of the pouder of the flouers aforeſaid: Infuſe them for 12 houres, in three or four ounces of the water for the Patient to drinke for 15. dayes together. It reſtoreth old age, and ſtrengthneth the back. In fine, this is miraculous for all diſeaſes.

For the Rickets.

Take of cream two pound, and boil it to an oyle or take

of

of unſalted Butter, ℔ ii. take three or four good handfulls of Cammomil, mince it ſmall, and put it into the oyle or Butter, and let it boil on a ſoft fire till the hearbs become criſpe, and that it be very bitter; then ſtrein it, and annoint the childs ſides downwards, and the bottome of the belly and thighes morning and evening: Alſo to give the child thrice a day half a doſen ſpoonfuls of Harts-tongue water, in which you have ſteped ſeven or eight Cloves, and ſome brown Sugar Candie to ſweeten it: If the child mend not with this; ℞ Of ſhoomakers ſhreds, two or three M. boil them in fair water, and take off the oyle, and annoint the child, as before preſcribed: If the child be not weaned, you muſt wean it, otherwiſe no Medicine will recover it: Alſo you muſt carry it as little as you can in your armes, but when you doe, be ſtirring it, and make it try to uſe the legs, if it be of that bigneſſe.

Doctor Vanhecks *Roſa Vitæ.*

℞. *Mercurii* ſublimate ſublimed with ℥ iv. of Roman or Danisk Vittriol, Antimonie crude, ℥ ii. grinde them well together an hour and half; retort theſe with ſand half way up the body of the glaſſe, with a gentle fire five houres, and then increaſe the fire by degrees, till with a good fire red begins to come (into an Urinal half full of water) which precipitates that which is diſtilled out into a ſnow white pouder, which pouder waſh three or four times with fair water till the ſharpneſs be gone. Then make an extract of Zedoarie, Cinnamon, and Galingale, *ana*, ℥ i. and red Sanders ℥ ii. with ſpirit of Wine ℥ vi. mingle this Extract with ℥ i. of the foreſaid white pouder, and grinde them together well, and it will dry it ſelf into a red pouder.

It is given for the French Pox about four grains in the pap of an Apple with butter, this will give ſome five or ſix vomits; It alſo helpeth Agues and Fevers, Dropſie and divers other diſeaſes, and is conſtantly ſold for three ſhillings four pence the doſe, *Probat per me* T. S.

S

A Sear-cloth for divers cauſes.

Recipe, Of Oyle olive, ℔ i. ß. red Lead, ℔ i ß. of white Lead, ℔ i. Caſtile Sope ℥ iiii. Oyle of Bayes ℥ ii. Put your Oyle olive in a Pipkin, and put thereto your Oyle of Bayes, and the Caſtile Sope. Seeth theſe over a gentle fire of Embers till it be well mingled and melted together, then ſtrew a little red lead and white, being mingled together in pouder, ſtill ſtirring it with a great ſpatter of wood, and ſo ſtrew in more of your Lead by little and little, till all be in, ſtirring it ſtill by the bottome to keep it from burning, for an hour and half together; then make the fire ſomewhat bigger, till the redneſs be turned into a gray colour. But you muſt not leave ſtirring it, till the matter be turned into a perfect black colour as Pitch; then drop a little upon a wooden trencher, and if it cleave not to the trencher, nor your finger, it is enough: Then take long linnen clothes, and dip them therein, and make your Sear-cloths thereof, they will keep 20 yeares; let your pouder of your Lead be ſearſed very fine, and ſhred the Sope ſmall.

The Vertues of this Sear-cloth are; Being laid to the Stomack, it doth provoke appetite, and taketh away any pain in the ſtomack; being laid to the Belly, it is a preſent remedie for the Collick: Being laid to the back, it is a preſent remedie for the Flux, and running of the Reins, heat of the Kidnies, and weakneſs of the Back: It helpeth all ſwellings and bruiſes, and taketh away Aches. It breaketh Felons, and other Impoſthumes, and healeth them. It draweth out any running humour, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any diſeaſe there: It helpeth all old Sores, and will be made in ſix houres.

For

For the Stone.

℞. The Clawes of a brown Pionie root, and the root, and Jet Beads, *ana p. æ.* dry the clawes and roots, and pouder them, and the jet alſo very finely, then mingle them, and in Ale or White wine drinke a little of the pouder.

2. Peel a red Onyon, ſlice him and put him into a pint of good white Wine, let him lye ſix houres, then ſtrein it, and drinke of it twice in a fit, and it will expell the ſtone.

For Stone, Strangurie, and Collick.

Take the inner rinde of the young branches of a Haſell tree, boyle them in ſmall Ale till half be conſumed, and let him that hath the Strangurie, drink half of it at a draught, let the Patient drink a draught of it firſt and laſt, for nine dayes together, for it never fails.

For the Stone in the Bladder.

℞. Of Turpentine ℥ iiii. and burn it to pouder, then mix two drachms thereof with four ounces of Saxifrage water, and give it twice a week, in the morning to the Patient, and this will not onely preſerve him from the ſtone, but drive it out, if any uſe this but two moneths. *Probat.*

2. Stamp two Bees in Beer and drinke it, and it will cauſe Urine to come.

To break and drive out the Stone.

℞. The juyce or water ſtrained out of Raddiſh roots, mixe it with White wine, and the pouder of Turpentine, dryed in the Sun, and ſo drinke: This is an excellent Medicine to drive out the ſtone.

To cauſe Urine and break the Stone.

Take Parſely, and ſtamp it in White wine, then ſtrain it well, and drinke a good draught thereof, and this will cauſe

you to make water, and break the stone; but you must use this five or six times. *Probat.*

℞. Pouder of Brionie berries, and drink it in water, wherein Water-cresses have been boyled, and it will both help you, and give you ease.

For the Stone.

℞. The bloud of two Hares, as much Sheeps or Goats milk, mingle them well together, and boil them in a new pot to a coal, beat it to pouder, and searce it finely, and give the Patient hereof a good quantity in a little fountain water, lukewarm, this will break the stone to dust, and make it come away. To try this, put the stone into it, with a little water bloud-warm, and in half an hour it will dissolve it into peeces.

2. Take five Cloves of Garlick, and stamp, and strain them in a draught of Rhennish wine, and so drink it. This being taken three times together is a sure Remedie.

For the Stone in Reins and Bladder.

1. Scrape Sea-horse pissle to pouder, and drinke thereof every morning with white wine, and a little oyle of Almonds, and this will cure the stone of the Kidnies and Bladder, being given four ounces at a draught.

2. Pouder of *Manati*, which is a stone growing in a Sea-cows head, being exhibited in the aforesaid manner, will doe the like. The white for the man, and the yellow for the woman.

3. ℞ Spikenard, Carraway, Fennel, Annise, and Cumminseeds, Cinnamon, and Galingale, *ana*, ℥ ß. Gromwell seed, and Liquorice, *ana* ℥ i. beat them all into pouder, and take half a spoonful of this pouder in Ale or Beer warmed, and after walk an hour before you eat or drinke, doe this four or five times, and you shall finde a notable operation.

A Poſſet for the Stone.

Make a Poſſet very thinne and clear with a quart of Milk, and put into it eight or ten roots of *Althea*, and two Parſly roots, having their pithes taken out, and two Aſparagus roots picked and waſhed clean, ſo that no durt be on it, and let them boyle well in the Milk-Poſſet; then ſtrain it clean, and let the Patient drink a good draught, put into it as much *Sal prunellæ* as will make it ſomewhat Brackiſh; this is a ſafe and admirable Medicine.

2. ℞. The braines of a Magpy newly killed, and put it into a wine Glaſſe of white Wine, and ſtir it well till it be throughly mixed, and then drink it, and this will preſently cauſe Urine, and eaſe the pain.

For the Spleen.

Seeth the rindes, and keyes, of an Aſh tree very tender and well in white Wine, and drink a good draught thereof for ſix or ſeven mornings together, it doth much eaſe the Patient: when you drink this, annoint the Spleen with *Dialthea* every morning and evening, applying *Emplaſtrum de Meliloto pro Splene* to the place. *Probat.*

Another.

Put of oyle of Gold one drachm, into half a pound of Aniſeſeed-water, ſhake it well together every time you take of it, and take a ſpoonful at a time, and it will help you. *Probat.*

Heat a pair of Tongs ſix times red hot, and quench them in white Wine; drink this nine mornings together, and this will help the Spleen.

For Swelling of Armes, Legs, and Feet.

℞. Linſeed, Wheat, Bran, Brooklime, Chickweed, and Groundſel, *ana.* one handful, ſeeth them in a pottle of white Wine altogether till it be thick, then lay a plaiſter thereof to

the ſwollen place as hot as you can ſuffer it, and it will help it with three or four plaiſters.

For Sinewes, and Nerves, cut aſunder.

℞. Of Earth-wormes one handful, put them in a cloth, and cleanſe them well from the earth, that done, take Sack half a pound, and of Sallade oyle half a pound, mix them together, and infuſe the Wormes in this untill they be ſuffocated, then ſtop the pot very cloſe, and lute it well, and ſet the pot in hot horſe-dung for eight and forty houres, till the Wormes be rotten, then take them out and preſſe them, and adde thereto of common Oyle half an ounce, of *Venice* Turpentine two drachms, then relute your pot, and ſet it on a ſoft fire for three or four houres.

For Bruiſes, or ſtreined Sinewes.

1. Annoint the place greived with *Aqua compoſita*, and Neat-foot oyle luke-warm, laying hot clothes thereon.
2. Stamp live Earth-wormes, and apply them to Sinewes cut.

For ſhrinking of Sinewes.

℞. Two Swallowes neſts that are ready to fly, of Lavender Cotton, the tops of young Thyme, the ſtrings that run out of Strawberries, Cammomil, and Hollihock leaves, *ana.* one handful; ſtamp the Swallowes quick and the Hearbs together, till no feathers be ſeen, then put thereto of *May* Butter one pound or two, and ſtamp it again to a ſalve, and let it ſtand again cloſe for ſeven dayes; then ſeeth it the ſpace of two houres with a quick fire, ſtirring it ſtill; then ſtrain it thorough a courſe cloth, and annoint the joynts therewith, or any other place where the Sinewes are ſhrunk, and uſe often to ſtretch out the joynts and ſplint.

For Sinewes ſhrunk, and to ſupple impotent Limbs.

℞. Roſemary, Thyme, Parſly, Hyſop, Bayes, Sage, Lavender Spike, Lavender Cotton, Balm, Cammomil, Roman Wormwood, Brooklime, Smallage, Yarrow, red Nettles, Lovage, Hearb Robert, Plantain, Rag-wort, Vervain, Adders-tongue, Daiſes, Nightſhade, Comfry, Orpine, Strawberry ſtrings, Violet leaves, Walwort, Amber leaves, Southernwood, Knotgraſſe, Vine tops, Valerian, Honiſuckle leaves, Polipodium of the Oak, Dill, Mallowes, Perwinckle, Rue, of theſe one handful, ſlice them a little, and ſtamp them very ſmall in a Morter, with powder of Cloves bruiſed ſmall, put thereto oyle Olive, and Neats-foot oyle, ſo much that they may ſwim, mixing them together, ſet it on the fire till all the ſtrength of the Hearbs be boyled out, and take heed it doe not burn; then ſtrain out the Hearbs, and clarifie it over the fire, then put to it a little Wax to harden it withall: this Ointment ſhould be made between *May* and *Bartholomewtide*. *Probat.*

To cure an old Sore.

℞: Of freſh Butter one pound, put it into a pot in the moneth of *Aprill*, then take of Violets, of Roſemary, red Sage, Bugloſſe, Wormwood, Broom, Hyſop, Pennygraſſe, Vervain, Selfeheal, Hypericon, and Speedwell, *ana*. one handful; gather them as they be ready, and put them into the pot with the Butter, and ſet them into the Sun until *Michaelmas*, then take it out of the pot, and beat it in a Morter, then make it up plaiſterwiſe, and reſerve it for your uſe.

For the Scurvy.

Chop ſmall the knotted place of a Pine Tree, and boyle it well in Ale or Beer, that the fteem may come out; and drink of it, and it will cure the Scurvy: This was Colonel *Hamiltons* Secret.

To

To cool the Skin, and heal a Sore.

℞. Of oyle Olive one pound and a half, Wax ſix ounces, of Minium two ounces, Litharge of Gold two ounces, Ceruſe one ounce and a half, Camphire one ounce and a half; firſt boyle your Oyle and Wax till it be melted, then take it from the fire, and put in all the aforeſaid things, being beaten very ſmall and ſearced, and ſtir them together till they be cold, and as occaſion ſerveth annoint the ſore place.

To help paines in the Stomack.

℞. Four graines of Maſtick, Swallow them every night to bedwards; this preſerveth the Stomack from all paines, and cureth the ſame.

An Ointment for the Stomack.

℞. Capons Greaſe five pound, Origanum, Wormwood, the tops of Roſemary, Stomack Mints, *ana.* M. i. and a few Buds of red Roſes pickt; chop the Hearbs very ſmall, and pownd them in a ſtone Morter, afterward boyle them in the Capons Greaſe, till you ſee the goodneſs of the Hearbs boyled out, then ſtrain them, and put ſo many more Hearbs as aforeſaid, and let them lye all night, then boyle them all again, till the vertue of the Hearbs be boyled out, then ſtrain them, and take of Cloves, and Mace, *ana.* ℥. i beaten very ſmall, and let it boyle a walm or two, keeping it ſtill ſtirring that it may not grow black, then take it from the fire, and put it into a pan, or broad diſh, and ſtirre it till it be almoſt cold, and put into it a pint of *Aqua vitæ*, and a quart of the diſtillation of Vine leaves; this is good for any thing that lieth heavy upon the ſtomack, being annointed therewith.

T

For the pricking of a Thorn.

Recipe. Of Violet leaves one handful, of Mallow leaves one handful, ſtamp them together, and take a quantity of Bores Greaſe, and of Wheat Bran one handful, ſet it on the fire in clean water, and make a plaiſter thereof, and lay it to the greif.

To draw a Thorn or Splinter out of the fleſh.

Moiſten the tongue of a Fox, and make it ſoft with Vinegar if it be dry, put this on the thorn, or any place where you would have any thing drawn out, and it will doe it.

2. Black Sope laid to it, will alſo doe it.

For the Tooth-ach.

Take of *Opium* ʒ i. diſtill it in ℥ ii. of the beſt *Aqua vitæ*, and hold a ſpoonful of this in your mouth, and it will eaſe you. *Probatum.*

To keep Teeth White, and kill the Worms

Take a little Salt in the morning faſting, and hold it under your tongue till it be melted, and rub your teeth with it. *Probatum.*

W

To take away a Wen.

Take the pouder of unſlak'd Lime, and mix it well with black Sope, and annoint the Wen therewith, and this will waſte it, and when the root is come out, annoint it well with Oyle of Balſome, and this will heal it.

FINIS.

The Printer to the Reader.

THis Treatiſe hath paſs'd the view and approbation, both of judicious Phiſitians and Chirurgians, and hath been judged worthy to have a new veſture put upon him, and to be vindicated from the obſcurity and darkneſſe it hath lain involved and eclipſed in this many yeares; being collected out of the Authorities of the moſt excellent, both former and later Writers, and confirmed, ſtrengthened, and approved, by the late experiences of many well practitioned Chirurgians; being formerly commended to publick view, by the approbation of a late famous Servant, and Chirurgian to King *James* deceaſed; who ſeriouſly conſidering the facileneſſe of providing the Medicines, with their approvedneſſe in a neceſſitous time, and in places remote, both from

able Phiſitians and Chirurgians, the danger of the preſent Infection requiring ſpeedy help, to ſuch as might have occaſion to make uſe of theſe Medicines; not doubting, but the charitable intentions of the carefull Authour, publiſhing it on purpoſe for the publick good, ſhall find the acceptance of ſo neceſsitous a work, as is wiſhed by

A. M.

The

The Author to the Reader.

Whereas there are divers Receits ſet down in this Book, which are written in Latine, in Characters uſed by Phiſitians and Apothecaries, which cannot ſo fitly be brought into our Engliſh phraſe; and becauſe their quantities are ſet down according to the Latine order obſerved in the making up their Receits preſcribed, I have, for the better eaſe and underſtanding of the Reader, ſet down the ſignification of their weights and meaſures, according to their Characters.

A Handfull is written thus	M. 1.
Half a Handfull thus	M. ß.
A little ſmall Handfull thus	P. 1.
A Scruple thus	℈. 1.
Half a Scruple, x. Graines, or thus	℈. ß.
A Drachm thus	ʒ. 1.
An Ounce thus.	℥. 1.
Half an Ounce, or half a Drachm ℥. ß.	ʒ. ß.
A Grain thus	Gra. 1.
A Drop thus	Gut. 1.

The

The number of any thing thus Nu. 1. &c.
Half of any thing thus ß.
A Pound, or Pint, thus lib. 1.
Twenty Graines make a Scruple.
Three Scruples make a Drachm.
Eight Drachms make an Ounce
Twelve Ounces a Phyſick Pound.
Ana. *is, of either of them ſo much.*
P. æ. *is, equall parts, or parts alike.*
S. a. Secundum Artem, *according to Art.*
So much as ſhall ſuffice is marked thus q. ſ

A defenſative againſt the Plague.

The firſt Treatiſe

Chap. I.

What the Plague is.

The antient Phiſitians in times paſt have greatly doubted, what the eſſentiall cauſe of this diſeaſe, which we commonly call the Plague or Peſtilence, ſhould be; yet all doe agree, that it is a pernitious and contagious Fever, and reckoned to be one of the number of thoſe which are called *Epidemia*, chiefly proceeding of aduſted and melancholy bloud, which may be eaſily perceived, by the extream heat and inflammation, which inwardly they doe feel, that are infected therewith; firſt aſſaulting the heart, and aſtoniſhing the vitall ſpirits, as alſo by the exteriour Carbunkles and botches which it produceth; whoſe malignity is ſuch, both in young and old, rich and poor, noble and ignoble, that uſing all the meanes, which by Art can, or may be deviſed, yet in ſome it will in no ſort give place, untill it hath by death conquered the party infected therewith.

Chap. II.

Cauſe of the Plague.

There are divers cauſes whereof this diſeaſe may proceed, as ſundry Writers doe alledge, as by over great and unnaturall heat and drought, by great rain and inundations of waters, or by great ſtore of rotten and ſtinking bodies, both

both of men and beaſts, lying upon the face of the earth unburied, as in the time of warres hath been ſeen, which doth ſo corrupt the air, as that thereby our Corn, Fruits, Hearbs, and Waters, which we daily uſe for our food and ſuſtenance, are infected: alſo it may come by ſome ſtinking dunghils, filthy and ſtanding pooles of water, and unſavory ſmels, which are near the places where we dwell, or by thruſting a great company of people into a cloſe, narrow, or ſtreight room, as moſt commonly we ſee in Ships, common Gaoles, and in narrow and cloſe lanes and ſtreets, where many people doe dwell together, and the places not orderly kept clean and ſweet. But moſt commonly, in this our time, it is diſperſed amongſt us, by accompanying our ſelves with ſuch as either have, or lately have had the diſeaſe themſelves, or at leaſt have been converſant with ſuch as have been infected therewith: But for the moſt part it doth come by receiving into our cuſtody ſome clothes, or ſuch like things, that have been uſed about ſome infected body, wherein the infection may lie hidden a long time, as hath been too too often experimented, with repentance too late in many places, It may alſo come by Dogs, Cats, Pigs, and Weaſels, which are prone and apt to receive and carry the infection from place to place. But howſoever it doth come, let us aſſure our ſelves, that it is a juſt puniſhment of God, laid upon us for our manifold ſins and tranſgreſſions againſt his divine Majeſty: for as *Seneca* ſaith, *Quicquid patimur ab alto venit*, What croſſes or afflictions ſoever we ſuffer, it cometh from the Lord, either for a triall of our faith, or a puniſhment for our ſins. Wherefore to diſtinguiſh any farther thereof I think it needleſſe, for my intent is in breif ſort, ſo exactly as I can, to ſhew the meanes how to prevent the ſame, as alſo how to cure it when we are infected. But before I enter to treat thereof, I think it not amiſſe, to ſhew what forewarnings and tokens are given us before hand of the coming thereof, thereby the better to prevent the ſame by prayer and repentance.

CHAP. III.

Warnings of the Plague to come.

Avicen, a noble Phyſitian ſaith, that when wee ſee the naturall courſe of the ayre, and ſeaſons of the year to be altered, as when the ſpring time is cold, clowdy, and dry, the harveſt time ſtormy, and tempeſtuous, the mornings and evenings to be very cold, and at noon extream hot, theſe do foreſhew the Plague to come. Alſo when we ſee fiery impreſſions in the firmament, eſpecially in the end of ſummer, as comets and ſuch like, and that in the begining of harveſt we ſee great ſtore of little frogs, red toades, and myſe on the earth abounding extraordinarily: or when in ſummer we ſee great ſtore of toades creeping on the earth having long tailes, of an aſhy color on their backs, and their bellies ſpotted and of divers colours, and when we ſee great ſtore of gnats ſwiming on the waters, or flying in great companies together, or when our trees and hearbs do abound with Caterpillars, Spiders, Moaths *&c.* which devoure the leaves on the trees and hearbs on the earth, it ſheweth the ayre to be corrupt, and the Plague ſhortly after to follow. Alſo by the beaſts of the field we may perceive it (eſpecially ſheep) which will go mourning with their heads hanging down towards the ground, and divers of them dying without any manifeſt cauſe known unto us. Alſo when we ſee young Children flock themſelves together in companies, and then will faine ſome one of their company to be dead amongs them, and ſo will ſolemnize the buriall in a mournfull ſort, this is a token which hath been well obſerved in our age to foreſhew great mortality at hand. Alſo when we ſee rivers of water to overflow without any manifeſt cauſe, or ſuddenly vaniſh away and become dry: And when clear well-ſprings do ſuddenly become foule and troubled. Alſo when the ſmall-Pox doth generally abound both in young and old people, all theſe do foreſhew the Plague to come.

CHAP. IIII.

Sheweth how to prevent the Plague.

THere are three principall meanes how to prevent this contagious diſeaſe: The firſt and chiefeſt is to acknowledge our manifold ſins and wickedneſs unto almighty God our heavenly Father, with a hearty repentance and amendment of our former ſins committed againſt his divine majeſtie.

The ſecond means is to fly far off from the place infected, and as *Rondoletius* ſaith, not over haſtily to return thither again for fear of an after-clap: which ſaying is confirmed by *Valetius* in theſe words, *Non enim morietur in bello, qui non eſt in illo*: and the farther from it, the ſafer ſhall we be, yet were it a very uncharitable courſe that all which are of abillity ſhould do ſo, for then how ſhould the poor be relieved, and good orders obſerved: but for Children it were beſt to ſend them far off from the place, becauſe their bodies are moſt apt to receive the infection, as alſo for that they cannot ſo continually uſe antidots and preſervatives, which by their great heat may indanger them almoſt ſo much as the diſeaſe it ſelf.

The third meanes conſiſteth chiefly in three points, which are theſe: Order, Diet, and Phyſicall helps. For the firſt you ſhall have a care that your houſes be kept clean and ſweet, not ſuffering any foule and filthy clothes or ſtinking things to remain in or about the ſame: and in ſummer ſeaſon to deck your windowes, and ſtrow your floors with ſweet and wholſom hearbs, floures, and leaves, of Mints, Balme, Penniroyall, Lavender, Thime, Majoram, red-Roſes, Carnations, Gelliflowers and ſuch like for your windowes, your floors to be ſtrowed with green Ruſhes, and Mints, Oaken and Willow leaves, Vine leaves and ſuch like: your windowes which ſtand towards the North and Eaſt, do you alwaies keep open in the day time, if the ayre be clear, and that no infected and unſavory ſmell be near the ſame, as Fogs, dunghils, *&c.* and every morning before you open either your doors, or windowes, as alſo in the evening when you go to bed, cauſe a good fire to be made in your Chamber, and burn ſome odoriferous or

ſweet

ſweet perfumes in the middeſt thereof, as hereafter I will ſhew you, or in ſtead thereof ſome Juniper, Frankincenſe, Bay leaves, Roſemary, Lavender, Majoram, or ſuch like, which you muſt alwaies have dried in a readineſſe, and ſo in the fume or ſmoke thereof to breath and perfume the clothes which you are to weare.

A good perfume in ſummer ſeaſon.

℞. Roſe water and Vinegar, of either ſix ſpoonfulls: Rinds of ſower Citrons and Lemons, Bay-leaves, of either the weight of two pence which is ℥. i. Camphire, the weight of three pence, which is ʒ. ß.

The hearbs and rinds muſt be dried and put alltogether in a perfuming pan, or inſtead thereof a peuter diſh, ſet on a chafer of coles, will ſerve the turn.

Another good perfume in winter.

℞. Red-Roſes Majoram and Myrtles, of either a little handfull: Callamint, Juniper berries, Laudanum, Benjamin, Frankincenſe, of either ʒ. i. which is the weight of ſeven pence.

The hearbs, berries, and Roſes being dried, muſt be made in groſſe powder, as alſo the gumms, and ſo mixed together, and when yee liſt, caſt ſome part thereof on a chafer of coales, and receive the fume thereof.

Chap. V.

NOw having received the fume as aforeſaid, before you go forth of your chamber, eat ſome Cordial electuary or preſervative, as hereafter you ſhall find choiſe, which I have alwais uſed with good and happy ſucceſs, after taking of the Cordial waſh your face and hands with clean water, wherein you muſt put a little Vinegar, and then if you liſt, you may break your faſt wirh ſome good bread and butter, and in winter ſeaſon a potch'd Egg is good eaten with ſome Vinegar, and for pletho-

rick and melanchole bodies, it were good to drink a draught of wormewood wine, in the morning faſting, becauſe it reſiſteth putrefaction in the plethorick, and purgeth bilous matter in the melancholie.

An excellent good preſervative which I have alwaies uſed with good ſucceſſe.

℞. Conſerve of Roſes and Borrage floures, of either two ounces: *Minardus Mithridate*, *Andromachus triacle*, of either half an ounce: *Dioſcordium*, two drachms, *Dialkermes* one drachme, Powder of the ſeed of Citrons pilled, one drachme, Sirrup of Lemons and ſower Citrons, of either halfe an ounce.

Compound all theſe together in the form of an opiat, you may eat hereof every morning the quantity of three beanes, and drink a draught of Renniſh wine, Beer, or Ale after it: but for Children and ſuch as are of tender years, ſo much as a bean thereof is ſufficient, and give them onely Beer or Ale after it: the taking hereof every ſecond or third day will ſuffice, if you go not into any ſuſpected company.

Another excellent good preſervative.

℞. Kernils of Wallnuts and Figs, of either four ounces: Leaves of Rue, one ounce and half, Tormentill roots, four drachms, Rind of ſowr Citrons, one drachme, right Bolarmoniak, ſix drachms, fine Myrrh, two ſcruples, Saffron, one ſcruple, Salt, half a drachm: Sirrup of Citrons and Lemons, four ounces.

The hearbs, roots, and rinds muſt be dried, the nuts muſt be blanched, and the bolarmoniack muſt be made in fine powder, and then waſh'd in the water of Scabios, and dried againe, you muſt pound the figgs and wallnuts in a ſtone morter ſeverally by themſelves very ſmall, all the reſt muſt be made in fine powder, and ſo mix them altogether in the morter, and then add thereto ſirrup by little and little, and ſo incorporate them altogether: you may give this in the ſame quantity, and in like ſort as the other before.

An-

Another very good.

℞. Of the confection aforeſaid made with Nutts ℥. iiii. *Minardus mithridate*, four drachms, *Andromachus Triacle*, ʒ ii. *fine terra Sigillata*, four ſcruples, Sirrup of Limons, ℥. i.

Compound all theſe together in the morter, as the other before, you may give hereof the weight of a groat or ſix pence, every ſecond or third day, and drink a draught of Renniſh or white wine after it in Winter ſeaſon, but in the heat of the yeer, Sorrel water is beſt, and in the Spring *Scabios* or *Carduus Benedictus* water.

Alſo, ſo much Triacle of *Andromachus* deſcription eaten every morning as a bean, with a little conſerve of Roſes, is a very excellent good preſervative.

Valetius doth greatly commend the taking of three or four grains of the Bezar ſtone every morning, in a ſpoonfull of *Scabios* water.

I cannot here ſufficiently commend the Electuarie called *Dioſcordium*, which is not onely good to reſiſt the infection, but doth alſo expell the venemous matter of thoſe which are infected, being taken every morning and evening the quantity of a bean, and drinke a draught of Renniſh or White wine after it in winter ſeaſon, but in Summer a draught of Beer or Ale is beſt.

In ſtrong and ruſticall bodies, and ſuch as are dayly labourers, Garlick onely eaten in the morning with ſome Butter and Salt at breakfaſt, drinking a cup of beer or ale after it, hath been found to be very good, which is greatly commended by *Galen*, who calleth it the poor mans Triacle, but in the ſanguine, daintie, and idle bodies it may not be uſed, becauſe it over-heateth the bloud, cauſeth head-ach, and univerſally inflameth the whole body.

CHAP. VI.

NOw when you have taken any of the foreſaid Preſervatives, it were good and neceſſary to wear upon the Region of the heart, ſome ſweet Bag or quilt that hath power to reſiſt

reſiſt venome, and alſo to carry in your hand ſome ſweet Pomander, Nodule, or Noſegay, that will comfort the heart, reſiſt venom, and recreate the vitall ſpirits, as here following is ſpecified and ſet down.

An excellent quilt or Bag.

℞. Arſenike criſtaline, ℥. i. *Diamargaritum frigidum*, ℨ ii. *Diambræ*, ℨ i.

You muſt grinde the Arſenike in ſmall powder, and then with ſome of the infuſion of Gum Dragagant in Roſe water, you muſt make a paſte, then ſpread it on a cloth which muſt be ſix inches long, and five inches broad, and ſpread it thick: then cover it with another cloth, and ſo quilt it together, which being done, faſten it in another bag of crimſon taffetie or Sarſenet, and ſo wear it againſt the heart all the day time, but at night leave it off: and here you muſt take heed, that when you ſweat, you doe take it away, for otherwiſe it will cauſe the skin to amper a little. There are ſome writers which doe utterly forbid the wearing of Arſenike, but thus much I can ſay, that I have given this bag unto divers to wear, with moſt happie and good ſucceſſe, for never did I yet know any one that hath worn this bag, and uſed any of the Electuaries aforeſaid, that hath been infected with the plague, but for any inconvenience or accident that hath happened thereby, I never found any hitherto, other then the ampring of the skin as aforeſaid.

Another Bag.

℞. *Ireos*, ℥ ß. *Calamus aromat. Ciperus*, *ana*. ℨ. i. ß. *Storax Calam.* root of Angelica, *ana*. ℨ. iii, Cloves, Mace, *ana* ℨ. i. Red roſes dried, ℨ. iii. Pellemountain, Penniroyall, Calamint, Elder floures, *ana*. ℨ. i ß. Nutmegs, Cinnamon, Yellow Sanders, *ana* ℨ. i. *Nardi Italicæ*, ℨ. i. Amber greece and Musk, *ana*. ſix grains.

You muſt pound all theſe in powder, and then quilt them in a bag of Crimſon Taffatie as aforeſaid.

A Pomander good in the Summer time.

℞. The rind of Citrons, Red Roſes, Nenuphare Roſes, Yellow ſanders, *ana* ʒ. ß. Storax liquid, Benjamin, *ana.* ʒ. i. Myrrh, ʒ. ii. *Ladanum*, ʒ. i.ß. Muſk and Amber, *ana.* ſix grains.

Powder all that is to be powdered, and then work them together in a hot morter with a hot peſtell, adding unto it in the working ſome of the Muſſelage of dragagant diſſolved in ſweet Roſewater, or Roſevinegar, and ſo make your Pomander.

Another good one for the winter time.

℞. Storax liquid, Benjamin, Storax calamint, *Ladanum*, and Myrrh, *ana*, half a drachm, Cloves one ſcruple, Nutmegs, Cinnamon, of each half a ſcruple. Red Roſes, Yellow Sanders, *Lignum aloes*, and *Ireos*, of each half a dram. *Calamus aromaticus*, rind of a Citron, *ana.* four grains, Amber greece, Muſk and Civet, of each ſix grains.

You may make up this as the other before with ſome Muſſelage of the infuſion of Gum dragagant, infuſed in Roſewater.

A good Nodule for the Summer ſeaſon.

℞. Floures of Violets, red Roſes, and Nenuphare, of each one drachm, Red, White, and Yellow ſanders, of each half a drachm. Camphire, xii graines.

Cauſe all theſe to be beaten in groſſe powder, then knit them all together in a peece of Taffetie, and when you will uſe it, then wet it in Roſewater and a little Vinegar, and ſo ſmell to it.

Another Nodule for the Winter ſeaſon.

℞. The dried leaves of Mints, Majoram, Thime, Penniroyall, Lavender, Pellemountain and Balm, of each a little handfull. Nutmegs, Cloves, Cinnamon, Angelica roots, *Lignum aloes*, of each one drachm. Saffron, two ſcruples.

Cauſe

Cauſe all theſe to be infuſed in Roſe-water and Vinegar one whole night, then wet a ſpunge in the liquor thereof, and knit it in a peece of Taffaty, or your handkerchief, whereunto you muſt ſmell oftentimes.

A Noſegay for the ſame purpoſe.

℞. Hearb grace, three branches: Roſemary, Majoram, Mints, and Thime, of either one branch: Red-Roſe buds and Carnations, of either three or four.

Make your noſegay herewith, then ſprinkle him over with Roſe-water, and ſome roſe-Vinegar, and ſmell often unto it. Alſo when you ſuſpect to go into any dangerous or infected company, do you alwaies carry in your mouth a peice of the root of Angelica, the rind of a Citron dried, or a great Clove, which muſt be firſt infuſed or ſteeped one whole night in roſe-water and Vinegar.

CHAP. VII.

FOr that there is not a greater enemy to the health of our bodies then coſtiveneſs, both in the time of the Plague and otherwiſe, I have here ſet down how and by what meanes you may keep your ſelf ſoluble, which you muſt uſe once four and twenty hours, if otherwiſe you have not the benefit of nature by cuſtome.

A Suppoſitory.

Take two ſpoonfulls of Honey, and one ſpoonfull of Bay-Salt ſmall pounded, boyle them together untill it grow thick, alwaies ſtirring it in the boyling, then take it from the fire, and if you liſt you may add one drachm of *Ihera picra ſimplex* unto it, and ſo ſtirre them well together, and when it is almoſt cold, make up your ſuppoſitories of what length and bigneſſe you liſt: and when you miniſter any, you muſt firſt annoint it with Butter or Sallet oyle: you may keep theſe a whole year if you put them in Barrowes mort or greaſe, and ſo cover them up cloſe therein.

A good

A good Gliſter.

℞. Mallowes, Mercury, Beets, Violets, Red-Fennell, of either one handfull: Seeds of Fennell, Annis, Coriander, of either one drachm.

Boyle all theſe in a ſufficient quantity of Water, untill half the water be conſumed, then ſtraine it, and keep it in a glaſſe cloſe ſtopt untill you need, for it will keep a whole week. Take of the ſame decoction, a pint.

℞. *Mel Roſarum*, or common Honey, one ſpoonfull: Oyle of Violets or oyle of Olives, three ounces, Salt, one drachm, The yolk of an Egg or two.

Mixe all theſe together in a morter and ſo give it warm in the morning, or two hours before ſupper: and if you add unto this one ounce of *Diacatholicon* it will be the better.

Raiſins laxative how to make them.

℞. White-Wine, three pints and a half, *Senuæ*, half a pound, Fine white ſugar, one pound, Currants, two pound. You muſt infuſe the *Senuæ* in the wine in a pot cloſe ſtopt, and let it ſtand in a warm place four and twenty hours, then ſtrein it and add to the ſtraining the Currants, being clean pickt and waſht, and laſtly the Sugar, boyle all together on an eaſie fire, untill the wine be conſumed, having care that you do alwaies ſtirr it about in the boyling for feare of burning, then take them from the fire, and put them up into a clean galley pot, you may eat one ſpoonfull or two of them a little before dinner, at any time.

A good Oyntment to keep one Sollible.

The gaule of an Oxe, Oyle of Violets, of either one ounce: Sheeps tallow, ſix drachms.

Boyle them together on a ſoft fire untill they be incorporated, then take it from the fire and adde thereto *Alloes cicatrine*, one ounce. Bay-Salt half an ounce.

The Alloes and Salt muſt be both made into fine powder before you put them into the oyle, then ſtirr them together untill it be cold, and when you are diſpoſed to have a ſtoole, then annoint your fundament therewith, both within ſide and without, and if you annoint your navell therewith, it will work the better.

Good pills to keep one ſoluble, and they do alſo reſiſt the Peſtilence.

℞. *Alloes Cicatrine*, one ounce, Choſen Myrrh, three drachms, Saffron, one drachm and half, Amber Greece, ſix graines: Sirrup of Lemons or Citrons, ſo much as ſhall be ſufficient to make the maſſe.

You muſt grinde the Aloes, Myrrhe, and Saffron into ſmall powder ſeverally by themſelves, then incorporate them together with the ſirrup: you may give half a drachme or two ſcruples thereof in the evening half an hour before ſupper twiſe or thriſe in a week: *Raſes* would have you to take half a drachme or two ſcruples of theſe Pills every day, without uſing any other preſervative at all, and he hath great reaſon ſo to eſteem of them, for *Galen*, *Avicen*, and all ancient Writers in Phyſick do hold opinion, that Aloes doth not onely comfort, but purge the ſtomack from all raw and chollerick humors, and doth alſo purge and open the veines called Miſerayick, and reſiſteth putrefaction: Myrrh doth altogether reſiſt, neither will it ſuffer putrefaction in the ſtomack: Saffron doth comfort the heart, and hath alſo a propriety in it to carry any medicine that is given therewith unto the heart, but to conclude, theſe Pills will purge all ſuperfluous humors in the ſtomack, and principall members, and preſerveth the bloud from corruption.

Chap. VIII.

I Muſt here give you to underſtand that the infection doth oftentimes lie hidden within us, without any manifeſt ſign or knowledge thereof at the firſt, and therefore were it good for ſanguine bodies, and ſuch as do abound with bloud, in the

ſummer

ſummer ſeaſon to draw ſix or eight ounces of bloud out of the Baſilica vein in the right arme, which is a good meanes to prevent a further danger, (as *Avicen* witneſſeth) but for full and plethorick bodies, it were beſt to purge themſelves once in ſeven or eight daies with ſome eaſie and gentle purgation, as hereafter I will ſhew you: but for leane and ſpare bodies, once in fourteen dayes will be enough at moſt: for wiſely ſaith *Rondeletius*, that it is not onely the venemous and contagious ayre which we receive that doth kill us, but it is the preſent communicating of that contagion with ſome ſuperfluous humours in our bodies, as in his treatiſe *De Peſte* appeareth: therfore now will I ſhew you how to purge the body.

Pills good to purge.

℞ *Alloes Cicatrine*, ten drachms, *Agarick* of the whiteſt, ℥.iiii. Myrrh, Maſtick, of either two drachms: Saffron two ſcruples.

Make theſe into fine powder, then compound them together in a morter, with ſo much Oximell ſimplex, Sirrup of Lemons, or of Stœcados, as ſhall be ſufficient, you may give one drachm, or a drachm and half of theſe Pills, half an hour before ſupper: but for a cholerick body, you muſt leave out two drachms of the Agarick in making of the receipt, and in place thereof add two drachms of Rubarb, and for the melancholie, two drachms of Epithimum, and give the ſame quantity in weight.

A good purging potion.

℞ Raiſins, the ſtones being pickt out and waſht, of either one ounce: Polipode of the Oak, Elecampane root dried, roots of wild ſmall Sorrel, Succory roots cleanſed, of either half an ounce: Leaves of Burrage, Bugloſs, Burnet, Scabios, Morſus diaboli, of either a little handfull: Floures of Burrage, Bugloſs, Roſemary, Violets, Broom, of either a little handfull: Seeds of Fennell, ſowr Citrons, of either two ſcruples: Shaving of Harts horn, half a drachm.

Boyle all theſe in a ſufficient quantity of faire water untill

half be conſumed, then ſtrain it. Take of the decoction aforeſaid, three ounces.

Rubarb, two drachms and half, Cinnamon, half a drachm.

Slice them both, and put them with the liquor in a cloſe cup, and ſo let it ſtand to infuſe in a warm place twelve hours, then ſtrain it out ſtrongly, and add thereto one ounce of the Sirrup of Maiden-haire, and ſo drink it warm in the morning about ſix of the clock, and refrain from meat, drink, or ſleep two hours after it, this is good in lean and ſpare bodies: you may for the phlegmatick body, add in the infuſion, one drachm of Aggarick Troſciſcated.

A purging powder for ſuch as cannot take Pills.

℞. *Alloes Ciccatrine*, one ounce, Myrrh, Cinnamon, of either two drachms, Saffron, one ſcruple.

Make them all in fine powder, and give one drachm in a draught of White-wine.

Floures ſtopt, how to provok them.

For that women which have not their naturall courſe on them, are moſt prone to receive and take the infection, I have here ſet down good Pills, which I have alwaies found excellent not onely for that purpoſe, but will alſo reſiſt the danger of infection.

℞. *Alloes Ciccatirne*, one ounce, Roots of Gentian, *Ariſtolochia rotunda*, *Dittander*, Saffron, of either half a drachm: Roots of garden Madder, Methridate, of either one drachm.

Cauſe them all to be ground in ſmall powder, then mix it with the Methridate and ſome ſirrup of *Artemeſia*, or Mugwort, give one drachm of theſe Pills every morning twelve dayes togerher, or untill her tearms break.

Iſſues commended againſt the Plague.

IN plethorick and full bodies, I have found nothing more ſafer in the time of the Plague, then to make them an artificial

ciall Iſſue, either in the leg or arm, for never hitherto have I known any one which hath had an Iſſue, or Ulcer running on him that hath been infected with the plague. *Palmarius* and *Foreſtus*, doe both affirm it to be true and certain, but here ſome ignorant people doe hold opinion that having once an Iſſue, he muſt be conſtrained to keep it alwaies, which is moſt erronious, for then thoſe which have had Ulcers running upon them, ſome ſix, ten, yea ſixteen yeers, may not be cured without ſome Iſſue to be made in ſome other place, but therein they deceive themſelves, for my ſelf by good proof have often found the contrary in divers people which I have cured, ſome ſix, ſome ten, yea ſixteen yeers paſt, and yet to this day doe remain in perfect good health without any Iſſues.

Chap. IX.

What Diet we ought to keep.

For our diet as *Hippocrates* teacheth us, we muſt have a care not to exceed in eating and drinking but to keep a mean therein, and in any caſe to beware of ſurfeting and drunkenneſs, which are enemies both to the body and ſoule, but as we may not exceed in eating and drinking, ſo to endure great hunger and thirſt is moſt dangerous, our meat ought to be of a facile and eaſie digeſtion, partly tending to a drying qualitie; as Cocks, Capons, Hens, Pullets, Partridge, Pheaſants, Quailes, Pigeons, Rabbets, Kid, Veal, Mutton, Birds of the Mountains, and ſuch like; but Beef, Pork, Veniſon, Hare and Goats fleſh is to be refuſed, and ſo are all water fowls, as Duck, Swan, Gooſe, Widgen, Teal, and ſuch like, becauſe they are hard to digeſt, and do increaſe ill blood, and naughtie juyce in the bodie: Lambs fleſh, becauſe of his exceeding moiſture is alſo to be refuſed, Eggs in the Summer not good, but in Winter tolerable: All Fiſhes which are of a hard fleſh, whether they be of the Sea, or freſh Rivers are to be allowed. In freſh Rivers the Perch, Barble, Gudgeon, Loch, Cool, Trout, and Pike are good; and for Sea fiſh, the Gilthed, Turbet, Sole, Rochet, Gurnard, Lobſter, Crab, Praunes, Shrimps, Whiting, and ſuch like eaten with vinegar.

negar. There are ſome Authors which hold opinion, that Fiſh is better to be eaten then fleſh in the great fervent heat of the year, becauſe they doe make a more cold bloud in the body then fleſh; another reaſon is, becauſe they doe live under the water, they are not infected with any contagion of the aire, as Beaſts and birds may be, and therefore more wholſome, but in my judgement fleſh is more wholſome, becauſe it doth breed a more pure, and fine Juyce in the body then any Fiſh whatſoever; your bread ought to be made of pure wheat, not too new, nor too old, but of one dayes baking, or two at moſt is beſt: Rie bread is to be eſchewed, becauſe of his great moiſture: your drink is beſt beer or ale, not too ſtrong or new, but the ſtaler and clearer it is the better, at your meals a draught or two of Claret wine is tolerable, but in hot weather it were good to allay it with a little water, for wine doth warm the ſtomack, help digeſtion, and comfort the heart.

For your Pottage you may take in the Summer.

Parſly, Lettice, Sorrell, Endive, Succorie, Sperage, Hop-buds, Burnet, Burrage, Bugloſſe, Thime, Mints, Hyſop, but in Winter, Balm, Bittanie, Thime, Marigold, Hyſop, Majoram, Mints and Rue are good. For your Sallets take Pimpernell, Purſlane, Mints, Sorrell, Hore-hound, Yong cole, Hop-buds, Sperage, Thime, Tops of Fennell, Tarregon, Lettice, and Water-creſſes are good.

Capers are greatly commended being preſerved in Vinegar, and eaten with a little oyle and vinegar, and ſo are Olives very good alſo.

For your ſauce, the juyce of a Limon, Citron, or Orange is beſt, the juyce of Sorrell and Vinegar is alſo good.

All raw fruits are to be refuſed, except thoſe which tend to ſour taſt, as Pomgranates, damask Prunes, Pippins, red and ſour Cherries, and Wallnuts, Quinces, and Peares preſerved are very good eaten after meals.

All kind of Pulſe is to be refuſed, as Beans, Peaſe, and ſuch like, becauſe they increaſe winde, and make raw humours and ill juyce in the bodie.

Refrain

Refrain from Garlick, Onyons, Leeks, Pepper, Muſtard, and Rocket, becauſe they doe over-heat the body, make aduſtion of the bloud, and cauſe fumes to aſcend into the head.

Cheeſe is not good, becauſe it doth ingender groſſe and thick humors. Milk is alſo to be refuſed, becauſe it doth quickly corrupt in the ſtomack.

CHAP. X.

Sheweth what Exerciſe and Order is to be kept.

YOu muſt beware of all vehement and immoderate exerciſe, which doth provoke ſweat, as is Tennis, dancing, leaping, running, foot-ball, hurling, and ſuch like, becauſe they doe over-much heat the body, and open the Pores of reſpiration, whereby the infected aire hath the more ſcope to enter our bodies, but moderate exerciſe is very convenient, the uſe of hot houſes at this time I thinke very dangerous, becauſe it doth too much open the pores.

Walk not into the open ayre in the morning before the Sun hath had ſome power to cleanſe and clear the ſame, and in any caſe goe not abroad when great fogs and miſts are upon the earth, for it is dangerous: but if urgent occaſions move you, then before you goe forth of your doors be ſure to eat ſome preſervative firſt, and then take ſome good and odoriferous Pomander, Nodule, or Noſegay in your hand, as before is ſhewed you. The extream heat of the day is likewiſe to be refuſed to walk in, becauſe it chafeth the bloud; as alſo in the evening after the Sun is ſet, for then unſavory and unwholſome Fogs ariſe out of the earth, and in any caſe if you can avoid it come not neer any any place infected, but uſe to walk in the open aire and dry ground.

Uſe *Venus* combates moderately, but none at all were better, the beſt time to uſe them is three or four hours after ſupper, before you ſleep, and then reſt upon them.

Beware of anger, fear, and penſiveneſs of the minde, for by their means the body is made more apt to receive the infection.

Uſe pleaſant and merry recreations, either with muſick, pleaſant

pleaſant company to talke withall, or reading ſome good books.

Bewar of ſleeping at noon, but ſpecially in the Winter ſeaſon, but in Summer to take after dinner a nap of half an hour or an hour is tollerable in elderly bodies.

Watch not long in the evenings but two or three hours after ſupper is a good time to take your reſt.

CHAP. XI.

Teacheth what orders Magiſtrates, and Rulers of Cities and Townes, ſhould cauſe to be obſerved,

FIrſt, To command that no ſtinking dunghills be ſuffered near the City.

Secondly, Every evening and morning in hot weather to cauſe cold water to be caſt in the ſtreets, eſpecially where the infection is, and every day to cauſe the ſtreets to be kept clean and ſweet, and cleanſed from all filthy things which lye in the ſame.

Thirdly, And whereas the infection is entered, there to cauſe fires to be made in the ſtreets every morning and evening, and if ſome Frankincenſe, Pitch, or ſome other ſweet thing be burnt therein, it will be much the better.

Fourthly, Suffer not any Doggs, Catts, or Pigs to run about the ſtreets, for they are very dangerous, and apt to carry the infection from place to place.

Fifthly, Command that the excrements and filthy things which are voided from the infected places be not caſt into the ſtreets or rivers which are daily in uſe to make drink, or dreſſe meat.

Sixtly, That no Chirurgians, or Barbars which uſe to let blond, do caſt the ſame into the ſtreets or rivers.

Seventhly, That no Vauts or Privies be then emptied, for it is a moſt dangerous thing.

Eighthly, That all Inholders do every day make clean their ſtables, and cauſe the dung and filth therein to be carried away out of the City: for by ſuffering it in their houſes, as ſome do uſe to do, a whole week or a fortuight, it doth ſo putrifie that when

when it is removed, there is ſuch a ſtinking and unwholſome ſmell, as is able to infect the whole ſtreet where it is.

Ninthly, To command that no Hemp or Flax be kept in water near the City or Town, for that will cauſe a very dangerous and infectious ſavour.

Tenthly to have a ſpeciall care, that good and wholſome Victuals and Corn be ſold in the markets, and ſo to provide, that no want thereof be in the City, and for ſuch as have not wherewithall to buy neceſſary food, that there to extend their charitable and godly devotion: for there is nothing that will more increaſe the Plague, then want and ſcarſity of neceſſary food.

Eleventhly, To command that all thoſe which do viſite and attend the ſick, as alſo all thoſe which have the ſickneſſe on them, and do walk abroad, that they do carry ſomething in their hands, thereby to be known from other people. And here I muſt advertiſe you of one thing more which I had almoſt forgotten (which is) that when the infection is but in few places, there to keep the people in their houſes, not ſuffering any one of them to go abroad, and ſo to provide, that all ſuch neceſſaries as they ſhall need may be brought unto them during the time of their viſitation: and when it is ſtaied, then to cauſe all the clothes, bedding, and other ſuch things as were uſed about the ſick, to be all burnt, although at the charge of the reſt of the Inhabitants you buy them all new, for fear leaſt the danger which may enſue thereby, do put you to a far greater charge and grief: all theſe aforeſaid things are moſt dangerous, and may cauſe a generall infection, to the deſtroying of a whole City, and therefore I do wiſh that great care be had thereof.

Chap. XII.

Doth ſhew what you muſt do when you go to viſit the ſick.

FIrſt before you enter into the houſe, command that a great fire be made in the chamber where the ſick lieth, and that ſome odoriferous perfume be burnt in the mideſt of the chamber, and before you go to him, eat ſome cordiall preſervative, and ſmother your clothes with ſome ſweet perfume, then wet

your temples, eares, noſe, and mouth, with Roſe-water and Vinegar mixt together, then take in your mouth a peice of the root of *Angelica*, the rind of a ſower Citron, or a Clove prepared as before is ſhewed, and have ſome Noſegay, Nodule, or Pomander, appropriate in your hand, which you muſt alwaies ſmell unto, ſo may you the more bouldlier perform your intent: but herewithall you muſt have a ſpeciall care, that during the time you are with the ſick, you ſtand not betwixt the ſick body and the fire, for that is dangerous; becauſe that the fire of his nature draweth all vapors unto it ſelf; but keep you alwaies on the contrary ſide, ſo that the ſick may be betwixt you and the fire: and for ſuch as are to let any ſick infected body to bleed, it were good they did cauſe the keeper of the ſick body to lay open that arme or legg which is to be let bloud before he approach near: the reaſon is, for that moſt commonly all that are ſick in this contagious diſeaſe, are for the moſt part in a ſweat, and therefore ſuddenly to receive the breath thereof, would be very dangerous.

Now when you have been with any one ſo infected, before you go into the company of any whole and ſound people, it were neceſſary you do ſtand by a good fire, having all the clothes about you which you did wear when you were with the ſick, and then turn and aire your ſelfe well thereby, ſo ſhall you be ſure the leſſe to endanger others by your company. Thus have I as breefly as I can deviſe ſet down all the ordinary meanes which my ſelf have uſed, and by others known to be uſed for preſerving you from this contagious and dangerous diſeaſe, which in the moſt part of people will ſuffice, but for ſuch as dwell whereas they may have the counſell of a learned Phyſitian, I do wiſh them to take his advice, eſpecially for purging and letting bloud, becauſe none can ſo exactly ſet down in writing the perfect courſe thereof (which may be underſtood rightly of the common ſort) ſo well as he which hath the ſight of the body: for that many bodies are oftentimes troubled with ſome one humour aboundingmore then another, which here to treat of would be too tedious, neither can it profit the common people, for whoſe ſakes I have taken this paines: and now will I ſhew the ſignes to know when one is

infected

infected therewith, as alſo which are the laudable ſignes, and which are the contrary, and laſtly the meanes (by God his aſſiſtance) how for to cure the ſame.

Chap. XIII.

Sheweth the ſignes of infection.

THe ſignes and tokens hereof are divers, as firſt, it is perceived by the ſuddain weakneſſe, looſing and overthrowing of our naturall ſtrength, without any manifeſt cauſe thereof going before, and ſometimes it doth begin with a gnawing and biting in the mouth of the ſtomack, the pulſe will grow weak, feeble, and unequall, with a great ſtreightneſſe and heavineſſe about the heart, as if ſome heavie burthen or weight were layd thereon, with ſhortneſs of breathing, vomiting, or at leaſt a great deſire to vomit, great pain in the head: inſatiable thirſt proceeding of their great interior heat: ſluggiſhnes, and univerſal faintneſs of all the body, with a great deſire to ſleep, and an aſtoniſhment of the mind and vitall ſpirits: and for the moſt part they complain of a great paine which is felt in ſome one place or places of their bodies, where the botch or blain is by nature intended to be thruſt forth, yet ſome at the firſt have them appearing: and for the moſt part, they are taken at the firſt with a ſharp and rigorous feaver.

Good ſignes.

When the botch or Carbunkle cometh out in the beginning of the ſickneſſe with a red colour, and yellowiſh round about it, and that it doth quicklycome to maturation, the feaver to ceaſe, and the party findeth himſelf eaſed of his grief, and quickned in his ſpirits, theſe are good and laudable ſignes of recovery.

Evill ſignes.

When the botch at the firſt commeth out blackiſh, or black in colour, alſo when the botch is opened, the fleſh within doth look blew, and that then there appear not any matter or quit-

ture in the wound, but as it were a ſpume or froth iſſuing out thereof, are ill and deadly ſignes,

When the botch waxeth ſo hard that by no means it will come to ſuppuration, but reſiſteth whatſoever is done unto it for the furthering thereof; and ſo returneth in againe into the inward parts ſuddenly, is a token of ſudden death at hand, and ſo it is, if either before or after it is broken it look of a blewiſh colour, or of divers colours, like the Rainbow, round about it.

When the Carbunckle or Blain doth ſuddenly dry up, as if it were ſcorcht with the fire, and that the place round about it doth ſhew to be of a wanniſh blew colour, is a deadly ſignifin the skin appear green or black ſpots, the excrements of divers colours with worms in it either dead or living, having a vile ſtinking ſavour, and ſpitteth ſtinking and bloudy matter, doth betoken death.

When the ſick complaines of great and extream heat in the inward parts, and yet cold outwardly, the eyes ſtaring or weeping, the face terrible, the ſaid excrements or urin paſſing away, and the party not knowing thereof, are evill ſignes.

When in the fourth or ſeventh day they are taken with a frenſie, or do fall into an extream bleeding at noſe, or have a great flux with a continuall vomiting, or a deſire to vomit and do it not, extream pain at the heart, watchfullneſs, and the ſtrength clean gone, are deadly ſignes. When the party being very ſick, yet ſaith he feeleth himſelf well, his eyes ſunk deep in his head, and full of tears, when he thinks all things do ſtink, his nailes looking blew, the noſe ſharp, and as it were crooked, the breath thick and ſhort with a cold ſweat in the breſt and face, and turning and playing with the clothes, the pulſe creeping or ſcarcely to be felt, and greivous unto him to ſpeak, theſe are infallible ſignes of death at hand. Some, before any of theſe ſignes are perceived, do dy, and ſome likewiſe which have divers of them appearing, and yet do eſcape, ſuch is the uncertainty of this diſeaſe: there are many other ſymptoms which do happen in this contagious diſeaſe, which would be too tedious to declare, but theſe as the chiefeſt may ſuffice.

The end of the firſt Treatiſe.

The

The Second Treatiſe, ſhewing the meanes how to cure the Plague.

Chap. I.

When we perceive any to be infected with this contagious diſeaſe, we muſt with all poſſible ſpeed ſeek all the meanes we can how to prevent the malignity thereof, whoſe property is at the firſt to aſſault the principall part, which is the heart, and therefore requires preſent help; for unleſſe ſomething be done within eight or four and twenty houres, little will it then prevail to attempt it, for by that time nature is either ſubdued, and clean overthrown, or elſe hath thruſt the ſame to the exterior parts, or otherwiſe digeſted it: yet may we not neglect at any time, to uſe all the meanes we can, in helping and furthering of nature to the uttermoſt of our indeavour, becauſe we doe oftentimes ſee nature ſo wearied, and weakened in expelling of this venemous matter, that unleſſe ſome help be added to aſſiſt and comfort her, the party, for lack thereof, dyeth, which otherwiſe might be ſaved: For I have oftentimes ſeen by diligent helping of nature, that to be effected and brought to good paſſe, which I have judged moſt deſperate. There are foure intentions required for the curing thereof; that is, by bloud-letting, Cordials, ſweat and purging: but the manner how to execute the ſame, hath bred great contention both amongſt the old and later Writers, which here to treat of were too tedious, for unto the learned it were needleſſe, and for the commonalty little would it availe them, therefore in breif will I ſhew you what I have obſerved touching the cure.

Firſt, if it be in a Plethorick, ſanguine, and ſtrong body, and hath pain in the head, great heat at the heart, thirſtneſſe, the pulſe ſtrong, and labouring, or beating ſtrongly, and hath great and large veines appearing; theſe ought preſently to be let bloud in that ſide where yee perceive the greif doth proffer

fer it ſelfe to come forth, and not viſibly appearing, tending to maturation: For then we may not draw bloud, but uſe all other meanes we can deviſe, in helping nature to expell it, neither may you draw bloud, if the party have a flix or lask (which is an evill ſign) in the beginning of the diſeaſe, for by that meanes you ſhall hinder nature greatly, but onely give the party Cordials; neither may you ſtop the flix in the beginning, but if it be extream, and that it ſtay not the ſecond day, then muſt you give ſome purgation, which may leave an aſtringency behind it, as hereafter in the cure of the flix ſhall be ſhewed. For as *Hyppocrates*, in his firſt book and one and twentieth Aphoriſme, doth admoniſh us, we muſt conſider and mark, how nature doth incline her ſelf, for that will teach us what we are to doe.

Now if you perceive the botch or carbunkle to appear underneath the chin about the throat, then preſently draw bloud in both veines under the tongue, and immediately after that apply a cupping glaſſe, with ſcarification in one ſide of the neck next unto the ſore, thereby to draw it from the throat, for fear leaſt ſuddenly it choke him up, and then apply Chickens rumps, or Hens rumps to the botch, the feathers being firſt pluckt away from the rump, and a grain of Salt put into the tewell, and ſo hold the bare place to the greif untill the Chicken die, which will be within half an hour, and then apply another, and ſo continue in changing them ſo long as they doe die, and laſtly apply a mollificative Cataplaſme or plaiſter to the ſame place, as in the fift Chapter following is ſhewed, which is made with *Unguentum baſilicon*, and to the botch apply the *Epithemation* and Cataplaſme in the ſeventh Chapter following. But if it be in the neck, he doth complain, then let him bloud in the *Cephallica* vein in the arm, of the ſame ſide where he complaineth.

If in the groin or flanke he doth complain, then let him bloud in the foot on the ſame ſide, and open the vein called *Maleola*, or *Saphena*, the quantity muſt be according as the age and ſtrength of the party requireth, but at moſt draw not above ſix or eight ounces: For *Avicen* willeth us, to preſerve bloud as the treaſure of nature.

But

But in a weak, ſpare, and cachochimious body (as *Galen* teacheth us) we may not draw bloud at all, for thereby ſhould you greatly indanger the Patient, but help ſuch by Cordials and ſweat.

And here you ſhall underſtand, that unleſſe Phlebotomy be done at the firſt, that is, within ſix or eight houres at moſt, it will be too late to attempt it, neither may you doe it if the ſore doe appear up in height tending to ſuppuration, for then ſhould you hinder nature, which like a diligent workman, hath diſcharged and thruſt forth that venomous matter, which otherwiſe would have killed us.

And here touching Phlebotomy or bloud-letting, you muſt have this ſpeciall care, that you draw not bloud on the oppoſite ſide, as if it be on the left ſide the ſore appear, then draw not bloud on the right ſide; if it appear in the flanke, then draw not bloud in the arme, but in the foot, for otherwiſe you ſhall draw that venomous matter from the ignoble unto the noble parts, and ſo kill the body.

And although the party complain not more in the one ſide then the other, yet by the pulſe ſhall you perceive on which ſide the venome lieth hidden, for on that ſide where nature is oppreſt, there ſhall you find the pulſe more weak, feeble, and uneven, greatly differing from the other ſide.

And here you ſhall underſtand, that in ſome it hath been ſeen, that nature of it ſelf at the firſt, hath thruſt out that venomous matter in ſome place of the body, with a botch appearing high, and tending to ſuppuration, or a carbunckle, or ſpots called purples. Now here if you draw bloud, you doe then greatly indanger the body; but in this caſe you muſt onely give Cordials, and uſe all the meanes you can to bring it outward, either by maturation, or evaporation, as hereafter ſhall be ſhewed you.

And here you ſhall further underſtand, that where the age, conſtitution, nor ſtrength of the party will permit that Phlebotomy be done, yet for the better help of nature you muſt apply Ventoſes, with reaſonable deep ſcarification, unto the next place adjoyning, where the party complaineth, thereby the more ſpeedily to draw the venomous matter unto the ſuperficiall

perficiall parts, and there to apply the rumps of Chickens, as before is taught you, and ſo apply to the place ſome ſtrong maturative, and attractive plaiſter, or Cataplaſme, as hereafter ſhall be ſhewed you. If the greif be in the head or throte, then apply Ventoſes to the neck: If it be in the emunctuaries of the heart, then apply them to the ſhoulders: If in the emunctuaries of the liver, then apply them to the buttocks or thighs, now when this is done, either by Phlebotomy, or Ventoſes, then within an hour or two at the moſt after it, you muſt give the ſick ſome good Cordiall Medicine, which hath power to comfort the heart, reſiſt the venomous matter, and alſo procure ſweat, whereof out of the following you may make choice as you liſt.

An excellent good Powder to expell the Plague, which alſo provoketh ſweat.

℞. Roots of *Gentian*, *Bittanie*, *Petaſitis*, *ana*, ʒ. i. Roots of *Tormentill*, *Dittander*, *ana*, ʒ iii. Red Sanders ʒ. ß. Fine Pearle of both ſorts, *ana*, ℈. i. Fine *Bolarmoniack* prepared, fine *Terra ſigillata*, *ana*, ʒ. vi. Rindes of Citrons, red Corrall, Roots of *Zedoiar*, ſhaving of *Ebony*, bone of a Stags heart, *ana*, ſixteen graines: Fragments of the five pretious ſtones, *ana*, ℈. ß. Shaving of a Unicorns horn, *Succini*, *ana*, ℈. ß. Leaves of Gold and Silver, *ana*, one and half in number,

Make all theſe in fine powder, every one ſeverall by himſelf, and then mix them all together, and give thereof ʒ. i. or ℈. iiii. more or leſſe as occaſion requireth, either in Sorrell, *Scabios*, or *Carduus benedictus* water two or three ounces, whereunto you muſt adde a little Sirrup of Lemons, or ſour Citrons, and give it warm, the *Bolarmoniack* muſt be pounded ſmall, then waſhed in *Scabios* water, and ſo dryed.

Another good Powder.

℞. Leaves of *Dittander*, called *Dictami cretici*, Roots of *Tormentil*, *Bittanie*, *Pimpernell*, *Gentian*, *Zedoiar*, *ana*, ʒ. i. *Terra lemnia*, *Alloes Cicatrina*, fine Myrrh, Rinds of ſour Citrons,

ana,

ana ʒ i. Maſtick, Saffron, *ana*, half a drachm. Bolarmoniack prepared as beforeſaid, ʒ ii.

All theſe muſt be made in fine pouder, and ſo mixt together, you may give two ſcruples, or one drachm thereof with any of the aforeſaid waters.

A good Opiat to expell venome, and provoke ſweat.

Conſerve of the floures of Burrage, Bugloſs, Violets, Bittanie, *ana*, ℥ ii. *Venus* Triacle ℥ ii. Red *Terra ſigillata*, *Terra lemnia*, Mithridate, *ana* ℥ i. Shaving of Ebonie, And Harts-horn, Orient Pearls, Roots of Tormentill, *ana* ʒ i. Shaving of Unicorns horn, Root of Angelica, *ana* half a drachm. Sirrup of the Juice of ſmall Sorrell and Bugloſs, *ana*, ſo much as ſhall ſuffice.

Mix all theſe together in the form of an Opiat, then take of the ſame Opiat, one drachm and half. *Scabios* water, Balm water, *ana* ℥ ii.

Diſſolve the Opiat in the waters, and drink it warm, then walk a little upon it, and then goe to bed and ſweat.

Another excellent good means to expell the venom, and procure ſweat.

Take a great white Onyon, and pick out the coar or middle of him, then fill the hole with good *Venus* Triacle, or *Andromachus* Triacle, and *Aqua vitæ*, then ſtop or cover the hole of the Onyon again, and roſt him in the hot aſhes untill he be ſoft, then ſtrein it ſtrongly through a cloth, and give it the ſick to drinke, and the reſt that remains, pound it ſmall, and apply it to the ſore, and ſweat upon it.

Now when he hath taken any of the aforeſaid Cordials, if he chance to vomit it up again, then waſh his mouth with Roſewater and Vinegar, and then give him more of the ſame again, which muſt be proportioned according to the quantitie vomited, for if all were vomited, then give ſo much more: (if leſſe) then according to the quantity vomited, and if he vomit that alſo, then give him more, and ſo continue it

to the third or fourth time, if cauſe ſo require, but if at no time he doe retain it, then is there ſmall hope of recovery; I have known divers, which have vomited their Cordials three or four times, and at laſt, giving the juyce of the Onyon as aforeſaid, hath kept that, and ſweat upon it, and ſo recover their health.

Alſo *Minardus* Triacle, or *Andromachus* Triacle being taken two Scruples with one Scruple of *Diſcordium*, and diſſolved in two or three ounces of this water following, or *Carduus benedictus*, Sorrell, and *Scabios* water, hath been found excellent good and available, both to procure ſweat, and expell the venomous matter.

An excellent good water againſt the Plague, and divers other diſeaſes, which is to be made in May *or* June.

Take *Angelica*, *Dragons*, *Scabios*, *ana* three handfuls. Wormwood, Sage, Salendine, Mugwort, Rue, Roſemary, Varvein, Endive, Mints, *ana* one handfull. Tormentill, Pimpernell, Agrimonie, Bittanie, *ana* two handfulls. St. Johns wort, Fetherfew, and Pionie, *ana* a little handfull.

You muſt mix all theſe hearbs together, then bruiſe them in a ſtone morter groſly, then put them into a clean veſſell of glaſſe or earth, and add thereto a pottle of White wine, or three quarts, a pint of Roſe-water, and a pint of Vinegar: then mixe them well together, and preſſe down the Hearbs cloſe together with your hands, then ſtop the pot cloſe, and ſo let it ſtand to infuſe two dayes and two nights, then diſtill it in a ſtillatorie, this water hath been found excellent good, both to preſerve one from the Plague, being drunk three or four ſpoonfuls of it in the morning faſting, as alſo to expell the diſeaſe, being drunk with any of the Cordials aforeſaid.

Chap. II.

Sheweth what is to be done after taking of the Cordiall.

NOw ſo ſoon as the partie hath taken his Cordiall, (if he be able) cauſe him to walke upon it in his chamber a pretty

prettie while, then lay him into his naked bed, being firſt warmed if it be in cold weather, and ſo procure him to ſweat, but in any caſe have a ſpeciall care to keep him from ſleep all that day, becauſe thereby the bloud and vitall ſpirits are drawn to the inward parts, and there doth hold in the venomous matter about the heart; but if the ſore appear, or be perceived to preſent it ſelf in any place neer the heart, then to defend the malignity thereof before he ſweat, it were good to annoint the place betwixt the region of the heart and the ſore with Triacle, or with this Unguent following.

A good defenſative Unguent.

Take Triacle, ℥. ß. *Terra Lemnia*, Red ſanders, *ana* ʒ. i Mix them together with a little Roſe-water and Vinegar in a morter, to the form of an Unguent, and ſo uſe it as aforeſaid.

And unto the ſore place apply chickens rumps, as before hath been told you, and then annoint the place grieved with Oyle of Lillies; and then Epithemate the heart with any one of theſe Epithemations following.

Epithemation.

Take the Powder of *Diamargaritum frigidum*, ʒ i. *Triaſandalum*, ʒ. vi. *Ebeni*, ʒ ii. Saffron, ʒ. ß. Lettice ſeed, ʒ i. Waters of Roſes, Bugloſs, and Sorrel, *ana* ℥ vi. Vinegar ℥. ii. boil them altogether a little.

Another.

Take the waters of Roſes, Balm, Bugloſs, *Carduus benedictus* and white wine, *ana* ℥ iiii. Vinegar of Roſes ℥ ii. Powder of red Roſes, Cinnamon, *Triaſandalum*, *Diamargaritum*, *Frigidum*, *ana* ʒ ß. *Mithridatum*, ℥ i. Triacle, ℥. ß. Boil them together a little, and being bloud warm, Epithemate the heart therewith, which being done, then procure him to ſweat, and after ſweat, and the body dryed, then apply this quickly to the heart.

A Quilt for the Heart.

Take the floures of Nenuphare, Burrage, Bugloſs, *ana*, a little handfull: Floures of Balm, Roſemary, *ana* ʒ iii. Red ſanders, Red corall, *Lignum aloes*, Rinde of a citron, *ana*, ʒ i. Seeds of Baſil, Citrons, *ana* ʒ i. Leaves of Dittander, Berries of Juniper, *ana* ℈ i. Bone of a Stags heart, half a ſcruple, Saffron, four grains.

Mixe all theſe in groſſe powder, and put them in a bag of crimſon Taffetie, or Lincloth, and lay it to the heart, and there let it remain. All theſe things being done, then procure him to ſweat, having a good fire in the chamber, and windowes cloſe ſhut, and ſo let him ſweat three or four houres more or leſſe, or according as the ſtrength of the ſick body can endure, and then dry the body well with warm clothes, taking great care that the ſick catch not cold in the doing thereof, and then give him ſome of this Julep following, and apply the aforeſaid quilt or bag to the heart.

A cordiall Julep.

Take Waters of Endive, Purſlane, and Roſes, *ana*, ℥. ii. Sorrell water, half a pint, Juyce of Pomgranats, and for lack thereof Vinegar, ℥ iiii. Camphire ʒ. iii, Sugar, one pound. Boil all theſe together in the form of a Julep, and give three or four ſpoonfuls thereof at a time.

Another Julep.

Take Sirrup of Ribes, Sorrell, Nenuphare, *ana* ℥. i. Juice of Limons, ℥ i. Sorrell water, ℥ viii. Mix all theſe together, and take two or three ſpoonfulls thereof oftentimes, which will both comfort the heart, and quench thirſt.

And if in the time of his ſweat he be very thirſtie, then may you give him to drink a Tyſane made with water, clean Barly, and Licorice ſcrapt clean and bruiſed, boil them together, then ſtrein it, and unto a quart of the liquor add three ounces of Sirrup of Limons, and give thereof at any time; ſmall beer

beer or ale is alſo tolerable, or you may give a ſpoonfull of this Julep following at any time.

A Julep to quench thirſt.

℞. Sorrell-water, four ounces, Burrage-water, Scabios water, of either one ounce, Sirrup of Lemons and ſowre Citrons, of either one ounce.

Mix all theſe together and ſo uſe it as occaſion requireth at any time: and give oftentimes a cake of *Manus Chriſti*, made with Perls for him to eat. But if in the time of his ſweat you ſee the ſick to faint or ſwoun, then apply to his temples, and the region of the heart, this mixture following.

℞. Conſerve of Roſes, Burrage, Bugloſs, Broom floures, of either one ounce: Mithridate, four ounces, Triacle, one ounce, Floures of Violets, Pellamountaine, Red Roſes, of either one drachme, Roots of Ireos, one drachm, Musk, Sivet, of either eight graines.

Mix all theſe together with a quantity of Roſe-Vinegar in the form of an Opiat, this muſt be ſpread on Plaiſters, and applied to the heart and temples, and to the ſoales of the feet apply this plaiſter following.

Take of the aforeſaid Opiat, ℥ ii. unto the which you muſt put ſo much more of an Onyon, which muſt have the middle part thereof taken out, and the hole filled with Mithridate, and *Aqua vitæ*, and ſo roſted in the aſhes, and then mix it with the Opiat, and apply it to both ſoales of the feet.

Now when all this is done, and that one hour is paſt after his ſweat and body dried as aforeſaid: it were good you did give the ſick ſome good comfortable broth, although he vomit it up againe, then let him reſt two houres, and then offer him more, which you muſt do oftentimes, and but little at a time.

And if after all this done he continue ſtill weak and faint without any amendment, then give him another Cordiall, as ye did at the firſt, and ſo cauſe him to ſweat again ſo long as his ſtrength can well endure it, and after ſweat give more of the Julep aforeſaid, for by this meanes you ſhall oftentimes ſee

the

the ſore, which did offer it ſelf to come forth, will be clean diſcuſſed and conſumed away: but if it do not by this means go away, then uſe all the means you can to bring it to ſuppuration, and then open it with ſome cauſtick or inciſion, as hereafter ſhall be ſhewed you at large.

The next day after his ſweat, you may tollerate him to ſleep one hour or two in the forenoon, whereby to prevent pain or lightneſſe of the head, which may chance through want thereof: and if after his ſleep the party be ſick and faint, then immediately give him ſome good Cordiall, according as the ſtate of his body requireth, either in temperate or extream heat, as before is ſhewed: and in one hour after that give him ſome comfortable broth made with Veale, Mutton, Chicken, or ſuch like, wherein ſome Burrage, Bugloſs, Pimpernell, and a little Hyſop, with ſome Parſley roots, the inner pith being taken out, muſt be boiled, whereof he muſt take a little at a time, three or four times a day, and betwixt times in taking of his broth, give him three or four ſpoonfulls of this Julep following, which doth reſiſt venenoſity from the heart, and alſo quench thirſt.

A Julep to quench thirſt and reſiſt Venenoſity.

℞. Water of Scabios, Burrage, Sorrell, *ana* ℥. ii. Sirrup of Lemons, ſowre Citrons, and the juice of Sorrell, of either one ounce.

Mix all theſe together, and give thereof as cauſe requireth.

Then at night he may ſleep three or four houres more, and the next day, being the third or fourth day of his accubet, you may purge him with one of the purgations here following, but in any caſe you muſt take heed that you do not purge with any ſtrong or Scammoniate medicine, becauſe it may cauſe an extream flux, which will be moſt dangerous, becauſe it will overmuch weaken the body, and hinder concoction, for moſt commonly in this diſeaſe the body of it ſelf is ſubject to fluxes.

A good

A good Purgation in a ſtrong body.

℞. *Rad. Cichoriæ*, ʒ. iiii. *Rad. Petaſitis*, ʒ. ß. *Fol. Scabioſæ*, *Card. Benedictus Pimpinellæ*, *Acetoſæ*, *ana* M. i. *Florum Cord.* P. i. *Prunorum damaſc. no.* x. *Sem Coriandri*, ʒ ß. *Aquæ font.* ℥. ix.

Boyle them untill a third part be conſumed, then ſtrain it.

℞. *Decoct. col.* ℥. iiii. *Fol. Sennæ*, ʒ. iii. *Rhab. elect.* ʒ. iiii. *Spicæ.* G. iii.

Infuſe them together twelve hours, then ſtrain it ſtrongly, and add thereto theſe things.

Sir. de Cichoriæ, cum Rhab. ʒ vi. *Oxiſacchari, Simp.* ʒ. ii.

Mix them altogether, and drink it in the morning refraining from meat, drink, and ſleep three houres after, and then eat ſome good broth.

Another in a plethorick and full body.

℞. *Fol. Scabioſæ, Bugloſſæ, Card. B. ana* M. i. *Florum Cord.* P. i. *Rad. Tormentillæ.* ʒ. iii. *Rad. Fenic. licho. ana* ʒ. iiii. *Paſſularum enucleat*, ℥. i. *Prunorum damaſc. no.* vi. *Sem aniſ. Coriandri, Oxialidis, ana* ℈. i. *Sennæ, Polipod.* q. *ana* ℥. i.

Boyle all theſe in a ſufficient quantity of water untill half the water be conſumed, then ſtrain it, and keep it.

℞. *Rhab. elect.* ʒ. ii. *Agarici, troſ.* ʒ. i. *Croci.* ℈. ß. *Aquarum ſcabioſæ, Borraginis, Card. B. ana* ʒ. iiii.

Infuſe theſe together twelve hours in a warm place, then ſtrain them ſtrongly, and add thereto *Sir. roſ. lax. Mannæ. Calabriæ ana* ℥. i. *Decoct. col.* ℥. ii. *vel* ℥. iii.

Mix all theſe together, and take it as the other before.

A good purgation for a weak body.

℞. *Fol. ſennæ*, ʒ. iii. *Rhab. elect*, ʒ. i. *Sem. aniſ.* ʒ ß. *Schenanthi*, ℈. ß. *Aquæ Acetoſæ*, ℥. v.

Boyle them a little, then take it from the fire, and let them ſtand infuſed together twelve houres, then ſtrain it out ſtrongly

ly, and add thereto *Sir. roſ. lax.* ℥. i. and then drink it as the other before.

Another gentle purgation.

℞. *Aquarum ſcabioſæ, Card. B. Aquæ ad peſtem, ana* ℥. i. *Rhab elect*, 3. ii. ß. *Cinamomi*, 3. ß.

Infuſe them together twelve hours, and ſtrain them ſtrongly; then add to the ſtraining *Sir. roſ. lax.* ℥. i. *Sir. de limonibus*, four ounces.

Mix them together, and ſo drink it as the other before, you may either add or diminiſh of the *Rubarb* unto any of theſe potions as you liſt.

Now when you ſee the purgation hath done working, then give the ſick ſome Cordiall thing, as hereafter followeth, which he muſt alſo take the next morning following.

A good Cordiall to be taken after Purging.

℞. *Conſerva Burrag*, Bugloſs, *Mali Citri, ana* 3. iiii. *Confect. Alkermis* 3. i. *Boli Veri*, 3. ß. *Specierum diarhod abb.* ℈. ii. *Diamarga. frigid.* 3. i. *Manus Chriſti perlati*, ℥. i. *Sir. de Lemon*, 3. iiii.

Mix all theſe together, and give the ſick thereof ſo much as a cheſtnut at a time, you muſt oftentimes eat thereof if the ſick be in no great heat.

Another good Cordiall to be given where great heat is.

℞. *Conſervæ Borag*, 3 iiii. *Conſervæ fol. acetoſæ*, ℥ i. *Bolarm. veri*, 3. i. *Manus Chriſti cum perlis*, ℥. i. *Sir. de Lemonibus*, q. v. *miſce.*

You muſt oftentimes give of this where great heat is, ſo much as three beanes at a time.

A good Cordiall potion.

℞. *Aquarum bugloſſæ, Acetoſæ, ana* ℥. i. *Pul. diamarga. frig.* 3. ß.

℥. ß. *Confectio alkermis*, G. ii. *Sir. de aceto, Citri, vel de Lemon.* ℥. i. *miſce.*

All this you may take after purging as aforeſaid, at any time.

And here you muſt underſtand, that if it be in a plethorick body full of ill humors, it were good that you purge him again the next day.

Chap. III.

Sheweth what ſymptoms often chance, and how to help them.

For that in this contagious diſeaſe there are divers dangerous ſymptoms which do oftentimes chance, I will here ſhew you good meanes how to help the ſame.

For lightneſſe of the head through want of ſleep.

℞. *Hordei mundi.* P. i. *Amigd. dul. depilatum* ℥. i. ß. *Sem.* iiii. *Frigid. ma. mund. ana* ℈. i. *Aqua font.* q. 5. *fiat decoctio. Decoct. col.* l. i. *Sir. de Limonibus, de Papa, ana* ℥. i. ß. *Sacchari perlati*, ℥. i.

Boyl them together a little, and then keep it to your uſe, you muſt often times give two or three ſpoonfulls thereof to drink, and anniont his temples with this ointment.

Oyntment to provoke ſleep.

℞. *Vnguent popillionis*, ʒ. iiii. *Vnguent. Alabaſtrini, Ol. Nenupharia miſce, ana.* ʒ ii.

This oyntment is not onely good to provoke ſleep but will alſo eaſe the pain of the head, if the place grieved be annointed therewith.

For raving and raging.

If the party rave, then give him one ſcruple of the powder of Harts-horn burnt, with half an ounce of the ſirrup of Violets and Lemons, and apply this ſacculus following to the head.

A good Sacculus for raving and raging.

℞. *Florum Nenupharis*, P. i. *Cort. Par.* ʒ. ii. *Santali albi*, *Rub. Citri*, *ana.* ʒ. i. *Florum roſ. rub*, P. i. *Florum Viol.* P. ß. *Florum camomil. Betonicæ*, *ana* ʒ. i.

Shread them all ſmall, then pound them groſly, and quilt them in a bagg, and apply it to the head, and it will help you.

Aphtham, to help it.

In this contagious diſeaſe, there doth chance an ulceration of the mouth, which is called Aphtham, it cometh by means of the great interior heat which the ſick is oppreſſed with in the time of his ſickneſſe, which if it be not well looked unto in time, it will greatly endanger the body, for Remedy whereof uſe this Gargariſm.

A good Gargariſm for the mouth.

℞. Clean barley, one handfull, wilde Dayſie leaves, Plantaine leaves, Strawberry leaves, Violet leaves, of either one handfull: Purſlane ſeed, one ſcruple, Quinſe ſeed, one ſcruple and half. Licorice bruiſed, four drachms.

Boyle all theſe in a ſufficient quantity of water untill the water be half conſumed, then ſtrain it, and take one pint and half thereof, and add thereto Sirrup of Roſes by infuſion, and ſirrup of dried roſes of either four drachms: *Diamoron* two ounces.

Mix theſe together, and gargarize and waſh the mouth therewith oftentimes being warm, and it helpeth.

Vomiting extreamly, how to help it.

If it come in the beginning of the diſeaſe, as moſt commonly it doth, there is no better means to ſtay it, then by giving of Cordials and by ſweating, by which meanes that venomous matter

matter which is the cauſe thereof is expelled, and breathed out, but if after Cordials given, and ſweat, it doth not ſtay, it is a very ill and dangerous ſigne: yet what means I have uſed to ſtay the ſame, I will here ſhew you.

A good bag for the ſtomack.

℞. Dried leaves of Mints, Elder, Origanie, Wormwood, Calamint, Mugwort, Thime, Balme, Pellemountaine, tops of Dill, of either a little handfull: Seeds of *Cardus Benedictus*, Fennell, Annis, of either four drachms: Roots of Ciperus, *Calamus aromaticus*, of either four drachms: Nutmegs, Cloves, Mace, of either half a drachm.

Make all theſe in groſs powder, then put it into a linnen bag, which muſt be made ſo broad and long, as will cover the ſtomack: then take Roſe-water and ſtrong Vinegar, of either ten ſpoonfulls, wherein do you diſſolve one ounce of Mithridate, then muſt you firſt wet the ſaid bag in two parts of clean water and a third part of White or Claret-wine, and let him ſoak therein a little while, the liquor being firſt warmed on a Chafer and coales, and then wet him in the Roſe-water and and Vinegar being warm, and ſo apply it to the ſtomack, and when he waxeth cold, warm him therein againe, and let him remain half an hour in all, and then take him away, and dry the ſtomack with a warm cloth, and then annoint it with this ointment following.

℞. Chymicall oyles of Roſemary, Sage, of either one drachm: Vinegar, Mithridate, of either one drachm.

Mix all theſe together, and ſo uſe it, and if the party be coſtive, then were it good to give him a gliſter, wherein diſſolve two drachms of Mithridate, it is alſo good to apply Ventoſes unto the buttocks and thighes.

Yexe, or yexing, to ſtay it.

℞. Dill ſeed, two ſcruples and half: White Poppy ſeed, Purſlane ſeed, of either one ſcruple and a half.

Bruiſe them a little, then knit them in a fine linnen cloth, and

let it ſoak in the drink which he uſeth, and when you give him drink, wring out the bag therein, and let him drink it, and that will ſtay it, alſo the order aforeſaid to help vomiting, is good to ſtay the yoxe, or yexing, but if neither of them prevaile, then will the ſick hardly eſcape death.

Flix, how to ſtop it.

You muſt firſt give the patient this purgation following, which doth not onely purge away thoſe ſlimie humors which is the cauſe thereof, but doth alſo leave an aſtringencie behind it.

℞. *Rhab. elect.* ʒ. iii. *Cinamoni,* ℈ ii. *Aquarum Endiviæ, Borraginis, ana* ℥. ii.

Infuſe them together twelve houres, then ſtrain it out ſtrongly, and add thereto one ounce of Sirrup of roſes laxative, and ſo drink it warm, refraining from meat, and drink, and ſleep three houres after it: and at night when it hath done working, give this confection following.

℞. *Conſervæ roſ.* ʒ. iiii. *Dioſcordii,* ℈. i. ß. *Pul. Diatragag. frigid.* ℈. i, *Dialkermes,* G. x. *Sir. de Lemon.* ʒ. ii. *miſce.*

When you have given this confection, then doe you Epithemate the region of the heart with this Epithemative following,

Epithemation for the heart.

℞. *Aquarum Buglоſſæ, Burrag, Roſarum, Oxialidis, ana* ℥. iiii. *Throchiſcorum de camphera,* ℈. i. *Pul. di margarit. frigid.* ʒ. i. *Aceti alb.* ℥. i. *Offa de corde cervi,* ℈. ß. *Santal. Rub. Coral. Rub. miſce. ana* ℈. i.

With this you muſt Epithemate the Region of the heart warm a quarter of an hour, and if by this meanes it ſtay not, then the next day give ſome of this confection following, which I have found excellent good for the ſtopping of any flix whatſoever.

℞. *Conſervæ roſ. ſiccæ.* ℥. i. *Pul. Rhab. troſchiſcat* ℈. i. *Terræ lemniæ* ʒ. ß. *Lap. Hematitis, Sang. Draco. Bolarmoni. ana* ʒ. ii. *Mithridatii, miſce,* ʒ. i.

You

You muſt every morning and evening give two drachms hereof, and drink ſome Plantaine water after it.

Now here you muſt underſtand, that if the flix come in the beginning of the ſickneſſe, and that no botch, Carbunkle, nor ſpots appear in the body, then in any caſe you may not goe about to ſtop it, but ſuffer nature to diſcharge it ſelfe, and onely help nature with Cordials, and Epithemations applyed to the heart, but if by the continuance thereof, the Patient grow very weak and faint therewith, then is it to be repreſſed, as before is ſhewed, but it muſt be the third day before you attempt to doe it.

But if this flix come when the botch or Carbunkle doth appear, and tending to maturation, then is it very dangerous, for by that meanes the venomous matter is drawn back again into the principall parts, and ſo killeth the Patient.

Chap. IIII.

Sheweth the generall cure of a botch when he appeares outwardly.

Firſt, give Cordials, and uſe the defenſive before taught you in the ſecond Chapter, thereby to keep it from the heart, and then bring it to maturation as followeth.

A good Maturative.

Take a great Onyon and roaſt him in the aſhes, then pound him with ſome powder of white Muſtard-ſeed, and for lack thereof ſome Triacle, and pound them together, and ſo apply it to the greif warm, and renue it twice a day, which within three or four dayes at moſt will bring it to ſuppuration.

Another.

Take white Lilly roots, *Enulacompane* roots, *Scabios*, and Onyons, of either two ounces.

Roaſt all theſe together in a Cole leafe, or a wet paper, then pound them with ſome ſweet Butter, and a little *Venice* Triacle, whereunto doe you adde ſome *Galbanum*, and *Ammoniacum*

niacum diſſolved in Vinegar, and ſtrained from the feſſes and dregs, and ſo mix them altogether, and apply it, renewing it twice a day.

Another, where no inflammation is.

Take *Unguentum baſilicon* ℥. iiii. foure Leaven ℥. ii. Oil of Lilies, ſweet Butter, *ana.* ʒ. iiii. Triacle ʒ. i. ß. yolks of two Eggs. Mix them together, and ſo apply it, and when it is come to ſuppuration, then open it in the loweſt part, either with a potentiall Cauſtick, or by inſcition, but the Cauſtick is beſt, and when you have opened it, if no matter flow out, then apply the rumps of Chickens to the ſore, as before hath been ſhewed: after that put into the wound a digeſtive as followeth.

A Digeſtive,

Take the yolk of an Egge, clear Turpentine ʒ. iiii. clarified Honey ʒ. ii. Mithridate, or Triacle ʒ. ß.

Mix all theſe together, and uſe it in the wound untill it be well digeſted, which you may perceive by the great quantity of white and thick matter that will flow out of it, and upon the ſore lay this Cataplaſme untill it be digeſted.

A digeſtive Cataplaſme.

℞. Fat Figs, and Raiſins the ſtones pickt out, *ana.* ℥. ii. *Sal nitrum* ʒ. iv. ſour Leaven ℥. iii. Honey ℥. i. oil of Cammomill ℥. i. ß.

You muſt ſhread and pound the Figs and Raiſins very ſmall, then commix it with the reſt in a morter, in form of a pultis, and uſe it.

And when it is digeſted, then you muſt mundifie it with a mundificative, to which purpoſe *Unguentum viride* or elſe *Apoſtolorum* mixt with *Unguentum baſilicon* will ſerve, and when it is clean mundified, then to incarnate and heal it up, doe you onely annoint or ſtrike it over with a feather wet in *Arceus* liniment, which muſt be molten in a ſaucer, and over all lay a plaiſter of *Diaculum*, or a plaiſter of *Kellebackeron*, which is excellent

good

good in all Impoſthumes and tumours, and in this order doe you proceed, untill the greif be whole.

Chap. V.

Sheweth how to bring the botch out, that lieth deep within the body or fleſh.

Firſt you muſt conſider, that oftentimes the botch, or carbunkle doth offer it ſelfe to come forth in ſome place of the body, and yet no apparant ſign thereof, but lieth deep hidden within, becauſe nature is not of ſufficient ſtrength to thruſt it forth; which is eaſily perceived by the great and almoſt intolerable pain, that by ſome is felt in the place where nature intends to expell it, which in the moſt part of people, by bloud-letting, Cordials, and ſweat, is clean taken away and evacuated; but if after all this is done it goe not away, then unto theſe you muſt uſe all the meanes you can to bring it to the outward parts. Firſt, by giving to the ſick oftentimes ſome Cordiall Electuary to keep it from the heart, then (if no great pain be in the outward part) you muſt apply a cupping-glaſſe with ſcarification, directly againſt the place where the greif is felt, and let it remain thereon a quarter or halfe an hour, then take it away, and preſently apply the rumps of Chickens, Hens, or Pigeons to the place (as before hath been ſhewed) that being done, then lay ſome attractive and maturative plaiſter or Cataplaſme to the place, which here following is ſhewed, and every ſixth hour you muſt apply the cupping-glaſs, as alſo the reſt, untill ſuch time as you have brought the venomous matter to the outward parts, there to be viſibly ſeen, or at leaſt, by feeling to be perceived, which commonly is effected at the ſecond time, then uſe no more cupping, but onely apply a maturative to the place.

A good Maturative Cataplaſme.

℞. *Rad. ſimphyti, ma. Liliorum, Ceparum, Allium, ana,* ℥. i. *Fol. Oxialidis M.* i.

You muſt pound all theſe together a little, then wrap them in a cole leafe, and ſo roaſt them in the hot embers, then pound them in

in a morter, whereunto adde *Ol. liliorum, Anxungiæ porc. ana.* ʒ. i. *Fermenti acris* ʒ. vi. *Mithridatii* ʒ. i.

Mix them altogether in form of a Pultus, and so apply it warm, and renue it twise a day.

Another

℞. *Galbani, Apopanacis, Ammoniaci, ana.* ʒ. iiii.

Dissolve these in Vinegar if the botch be hot and inflamed (but if it be not) then dissolve them in *Aqua vitæ*, and being dissolved, then strain it from the dregs, and adde thereto *Unguent. basillici, Mithridat. Fomenti acris, ana,* ʒ. iiii.

Mix all these together, and apply it.

Another which is sooner made.

Take a great Onyon, make a hole in the middle of him, then fill the place with Mithridate or Triacle, and some leaves of Rue, then roast him in the hot embers, and when it is soft, then pound it with some Barrowes greace, and apply it to the sore, and that will ripen it in short time, then open and cure it as in the Chapter before,

But if the pain and inflammation in the place be so great, that the party cannot indure cupping glasses to be used, then must you apply a Vesicatory to the place, in the lowest part of the greise.

A Vesicatory.

Take *Cantharides* bruised in grosse powder 3. ß. soure Leaven ʒ. ii. mix them together in a morter with a little Vinegar, and apply it, which within twelve houres will raise a blister, which you must open, and then lay an Ivie or Cole leafe to the place, and upon all apply any of the Cataplasmes aforesaid, and dresse it twice a day, and once a day at least, give the Patient some Cordiall, and when it is come to a softnesse, and that you perceive it is imposthumated, then open it, and so proceed to the cure, as before is shewed.

When

When the botch will not come to Maturation, but continueth alwayes hard.

Sometime it is ſeen that the botch, although it appear outwardly, yet will it not come to maturation, which commonly is accompliſhed within three or four dayes, but will reſiſt whatſoever you apply to it, and remain and continue alwayes hard; now here you muſt preſently open it, either with a Cauſtick or by inſcition, for fear leaſt it ſtrike in again, or at leaſt grow to *gangrena*, but before you open it, you muſt Epithemate the greif with this *Epithemation* following, and every morning and evening give the ſick ſome Cordiall, and betwixt the ſore and the heart annoint it with the defenſive before in the ſecond Chapter.

An Epithemation.

Take leaves of Mallowes, Violets, Cammomill, *ana*, M. i. Floures of Dill, Mellilot, *ana*. ℥. i. Hollehock roots ℥. iiii. Linſeed ℥. ii.

Boil all theſe in a ſufficient quantity of water untill halfe the water be conſumed, and then wet ſome Wooll or Flax therein, being firſt well beaten and pickt clean, and lay it upon the ſore warm, and as it cooleth, doe you take it away, and lay on another warm ſtewſe, and ſo continue it half an hour together, and then open it as beforeſaid, and immediately apply to the wound Chickens or Hens, as before in the firſt Chapter hath been ſhewed you: and if you cannot get Chickens nor Hens, then a Whelpe or a Pigeon cloven aſunder by the back, and ſo applyed warm will ſuffice, which muſt be renued ſo oftentimes as cauſe requireth, and when that is done, then apply unto the wound a digeſtive, made as followeth.

A Digeſtive.

Take Turpentine ℥. ß. Honey ℥. ii. Mithridate, or Triacle ℥. ß. the yolk of a new laid Egge.

Mix all theſe together and uſe it in the wound, and upon all lay

the digeſtive Cataplaſme beforeſaid, which is made of Figs, or a plaiſter of *Kellebackeron*, or of *Diaculum magnum*, and dreſſe it twice a day, and every dreſſing Epithemate the greif as beforeſaid, when it is digeſted, then mundifie, incarnate, and ſigillate it, as in the Chapter before is ſhewed you.

Chap. VI.

Sheweth what is to be done when the botch ſtrikes in again.

SOmetimes you ſhall ſee the ſore will appear outwardly, and ſuddenly vaniſh away again, which is a very dangerous and deadly ſign; now when this doth chance, then preſently give ſome good Cordiall that hath power to expell the venome, as in the firſt Chapter of this Treatiſe you may find choyce of, and immediately apply this Pultus to both the ſoales of his feet, which muſt be made with Culver-dung, and Vinegar mixt together, and ſpread on a Cole leafe, and ſo applyed; you muſt give the Cordiall every third hour, and immediately after the firſt giving of the Cordiall, you muſt Epithemate the heart with the *Epithemation* before expreſſed, in the ſecond Chapter of this Treatiſe; and when that is done, then cauſe the ſick to ſweat, if you may, and after his ſweat, and the body well dried, then give him an eaſie Gliſter, the next day purge him with ſome gentle purgation, as before is ſhewed you. And if by theſe meanes you prevail not, then ſmall hope of life is to be expected; yet *Petrus Foreſtus* willeth you, firſt to give a Gliſter, and then within two houres after it, to draw ſome bloud in the ſame ſide where the greif is, and to annoint the place greived with *Unguentum reſumptivum*, mixt with ſome Oil of Cammomill, and then two houres after it to give a Cordiall, and procure ſweat upon it, and ſo following the reſt of the orders aforeſaid, did recover divers.

Chap. VII.

Sheweth how to draw a botch from one place to another, and ſo to diſcuſſe him without breaking.

FIrſt you muſt apply a cupping glaſſe next adjoyning to the lower part of the ſore, on that ſide where you would have him to be brought,

brought, and next unto that glaſſe apply another, ſo neer the firſt as you can, and if that be not ſo farre as you would have the ſore to be brought, then apply the third glaſſe, and let them all remain a quarter of an hour, then take away the laſt glaſſe, but ſuffer the firſt to remain, then preſently apply him again, and let it remain a quarter of an hour more, and doe ſo three or four times together, but alwayes ſuffer the firſt glaſſe next the ſore for to remain; now when you have thus done, then take all the glaſſes away, and preſently apply a Veſicatory to the place where the laſt and uttermoſt glaſſe did ſtand, ſuffering it to remain there twelve houres, then open the bliſter, and lay an Ivy or Cole leafe to the place, and upon all lay a plaiſter of *Kellebackeron*, or *Diaculum magnum*, and dreſſe it twice a day, the longer you keep it running, the better it will be, and at length heal it up as other Ulcers are cured.

Now ſo ſoon as you have applyed the Veſicatory, you muſt preſently epithemate the botch with this Epithemation.

Epithemation.

Take Mallowes, Violets, Cammomill, Dill, and Mellilot, *ana*, M. i. Hollehock roots three ounces, Lin-ſeed one ounce and a half.

Boile all theſe in a ſufficient quantity of water untill halfe the water be conſumed, in this decoction you muſt wet ſome unwaſhed Wooll or Flax made clean and well beaten, then being wrung out a little, apply it warm to the place, and renue it every hour, during the time that the Veſicatory is in working, and when you have opened the bliſter that is made thereby, then onely apply this Cataplaſme to the botch it ſelf.

Take Mallowes, Violets and Cammomill fleures, of either one handfull.

Boil them in water untill they be tender, then cut them very ſmall with a ſhreading knife, and add thereto Oil of Cammomill and Lillies, of either two ounces: Barrowes mert two ounces, Wax one ounce.

Melt the Wax in the Oiles, and then put it to the Herbs, and boile them together a little, then take it from the fire, and adde thereto Barly and Bean flower, a handfull of either of them, and ſo

mix them altogether, and apply it to the greif, renuing it twice a day, which within three or four dayes will reſolve and diſcuſſe the botch; but if it doe it not by that time, then uſe all the meanes you can to bring it to ſuppuration, as before is ſufficiently ſhewed you.

CHAP. VIII.

Sheweth how to know a Carbunkle or blain, as alſo the cure of the ſame.

THe Carbunkle or blain doth firſt begin with a little Puſtula or wheal, and ſometime with divers Puſtulaes or wheales together, with a great burning and pricking pain in the place, which Puſtulaes are like a ſcalding bladder, ſeeming to be full of water or matter, yet when you open it, little or nothing will come out of it, and when they are broken, will grow to a hard cruſt or ſcarre, as if it had been burnt with a hot Iron or Cauſtick, with a great ponderoſity or heavineſſe in the place. In ſome it comes in the beginning, without any Puſtula at all to be perceived, but with a hard black cruſt or a ſcarre; ſometimes it lyeth hidden in the inward parts without any outward appearance at all, as if it be in the lungs, then there is a difficulty of breathing, with a Cough and foul ſpitting.

If it be in the Liver or Spleen, then the party feeleth a great pain and pricking in the ſame ſide; if in the Kidneyes or Bladder it doth chance, then is there ſuppreſſion or ſtopping of the Urine, or great pain in the making of water; if it be in the Brain, then a *delirium* followeth, but howſoever it chance to come, the party infected therewith hath a Fever, with other accidents, as before in the 13. Chapter of the firſt Treatiſe is declared; if it begin with a green, black, or blew colour, or of divers colours like the Rainbow, then is it a deadly ſigne, and ſo is it, if once it appear and then ſuddenly vaniſh away; but if it be red or yellowiſh, ſo it be not in any of the principall parts, or emunctuaries of the body, as the heart, ſtomack, armpit, flanke, jawes, or throat, then it is laudable, otherwiſe in any of theſe places very deſperate and dangerous to be cured, but whereſoever it doth chance, unleſſe it may be brought to ſuppuration, it is deadly.

The cure of the Carbunkle.

Firſt, the Univerſall means muſt not be neglected, as bloudletting, cordials, epithemations, ſweet and gentle evacuation by purging, as the time and cauſe requireth, which before in the beginning of this Treatiſe hath been ſhewed at large, and the ſame order which is uſed for the cure of a Botch, is alſo to be kept in the cure of a Carbunkle, and to rectifie the ayre of the houſe by ſtrewing it with vine and willow leaves, red Roſes and ſuch like, as alſo to ſprinkle the floor with Roſe water and Vinegar, and cauſe the ſick oftentimes to ſmell unto a cloth wet in Roſewater and Vinegar is very good: theſe things being done, then uſe all the means you can to bring it to Suppuration, for which purpoſe this Cataplaſm following is very good

A Maturative Cataplaſm.

Take Fat Figs ℥ iiii. Muſtard ſeed, ℥ i. ß. Pound the ſeed ſmall by it ſelf, the Figs muſt firſt be cut very ſmall, and then pounded likewiſe, and then adde thereto ſo much Oyle of Lillies as will ſuffice to make it in the form of a ſtiffe Pultis, and apply it warm, renuing it twice a day, this muſt be continued untill the ſcar begin to grow looſe and moveable, and then apply this following to remove the ſcar.

Take unſalted butter, the yolk of an Egg, and wheat flour, mix them together, and apply it untill the ſcar doe fall away, then doe you mundifie it with this mundificative.

Mundificative annodine.

Take clear Turpentine, ℥ iiii. Sirrup of red Roſes, ℥ i. Honie of Roſes, ℥ iiii. Boil them altogether a little, then take it from the fire, and add thereto Barlie and wheat flour of each ℥ vi. the yolk of a new laid Egg, and mix them altogether, and apply it three dayes, and then uſe this following.

Another Mundificative.

Take clear Turpentine, ℥ iii. Honie of Roſes, ℥ ii. Juice of

of Smallege, ℥ ii. Barlie flowre, ℥ i. ß. Boil them altogether ſaving the Barlie, untill the Juice be conſumed, then take it from the fire, and when it is almoſt cold, adde the Barlie thereto, and mixe them together, and uſe thereof to the grief untill it be clean mundified, and then incarnate it with *Unguentum Baſilicon*, and laſtly ſigillate it with *Unguentum de ceruſa* decocted.

Sometime you ſhall find a little puſtule to appear, without any elevation of the parts adjoyning, or outward hardneſſe. Now here to bring it outwardly you muſt apply this Cataplaſm.

Take Lillie roots, Onyons, and four Leaven, of either one ounce. Boil them in water untill the water be conſumed, then bruiſe them in a morter, and add thereto Muſtard ſeed, Culver-dung, White Sope, *ana* ℥. i. ß. Snails without ſhels, vi. in number. Mithridate, Triacle, *ana*, half a drachm, Yolks of four Eggs.

Mix all theſe together, and apply it warm to the grief, renuing it thrice a day, this order muſt be continued untill you ſee the place elevated tending to ſuppuration, then apply a Maturative, and ſo proceed as next before this is ſhewed you, and during the whole time of the cure, I hold it better to uſe rather Poultiſes then plaiſters, becauſe they do not ſo much ſtop the Pores, but give more ſcope for the venemous matter to breath out.

When the Carbuncle doth come with great pain and inflammation, how to help it.

You muſt firſt bath and ſoke the place well with this bag following, and then preſently apply the Cataplaſm enſuing, for by this means you ſhall not onely eaſe the pain and abate the Inflammation and Fever, but alſo prevent the danger of Gangrena which may chance thereby.

The Bag.

Take Mallowes, Violets, Plantain, Liblong, *ana* one handfull. Fat Figs, ℥ i. Hollihock roots, Lillie roots, *ana* ℥. i. Lin-ſeed, ℥ i.

You

You muſt ſhred the hearbs groſly, and cut the Figgs and roots ſmall, then bruiſe them in a morter, and mingle them altogether, then put them into two little bags of linnen cloth, and boil them in a ſufficient quantitie of clean water, untill the water be half conſumed, then take out one of the baggs, and wring out the water a little, and apply it to the grief warm, and when it is cold, take it away, and lay on the other, and doe ſo half an hour together every dreſſing, which muſt be twice a day at leaſt.

The Cataplaſm.

Take Mallows, Violets, Sorrell, Liblong, *ana* two handfuls, Henbane, a little handfull..

Wrap them all in a ball together, and roaſt them in the aſhes, then bruiſe them in a morter, and adde thereto, *Mel roſarum*, ℥ iiii. Triacle, ʒ i. ß. Saffron in pouder, half a drachm, Yolks of five Eggs.

Mix them together with the reſt, adding ſome Barly flower thereto to thicken it, and apply it warm, renuing it alwaies before it grow dry and ſtiffe, and every dreſſing you muſt Epithemate the grief firſt with the baggs aforeſaid, and this order muſt be continued untill the pain and Inflammation be gone, then to bring it unto Suppuration, if you adde to the foreſaid Cataplaſm ſome oyle of Lillies, and ſweet Butter unſalted, it will be very good, or you may make this Cataplaſm following.

Take Soot of the chimney, ℥. iii. Bay ſalt, ℥ i. ß. Yolks of two or three Eggs.

Mix all theſe together in a morter, and apply it to the grief warm, which muſt be alwaies renewed and changed before it grow dry and ſtiffe, this order muſt be continued untill the ſore come to ſuppuration, then to remove the ſcar, and finiſh the cure, doe you follow the order preſcribed in the beginning of this Chapter.

There are other dangerous accidents which doe ſometimes chance in the botch or Carbuncle, which here to treat of would little avail the unexpert people, becauſe they know not the means how to execute the ſame, but if any ſuch thing

thing chance, then doe I wiſh you to ſeek the help of ſome learned Phyſitian, or expert Chirurgion, whoſe counſell I doe wiſh you to follow.

The End of the Second Treatiſe.

A Short Treatiſe of the Small Pox, ſhewing the Means how for to govern and cure thoſe which are infected therewith.

Chap. I.

Sheweth what the Small Pox and Meaſels are, and whereof it proceedeth.

FOr that oftentimes thoſe that are infected with the Plague, are in the end of the diſeaſe ſometime troubled with the ſmall Pox or Meaſels, as alſo by good obſervation it hath been ſeen, that they are fore-runners or warnings of the plague to come, as *Salius* and divers other writers doe teſtifie: I have thought it good and as a matter pertinent to my former Treatiſe, to ſhew the aids and helps which are required for the ſame.

I need not greatly to ſtand upon the deſcription of this diſeaſe, becauſe it is a thing well known unto moſt people, proceeding of aduſted bloud mixt with flegm, as *Avicen* witneſſeth, which according to both ancient and latter Writers doth alwaies begin with a Fever, then ſhortly after there ariſeth ſmall Puſtulaes upon the skin throughout all the body, which doe not ſuddenly come forth, but by intermiſſion, in ſome more or leſſe, according to the ſtate and qualitie of the bodie infected therewith: for in ſome there ariſeth many little Puſtulaes with elevation of the skin, which in one day doe increaſe and grow bigger, and after have a thick matter growing in them, which the Greeks call *Exanthemata* or *Exthymata*: and after the Latines *Variola*, in our Engliſh tongue the ſmall Pox, and

and here ſome Writers doe make a difference betwixt *variola* and *exanthemata*; for ſay they, that is called *variola* when many of thoſe Puſtules doe ſuddenly run into a clear bladder, as if it had been ſcalled, but the other doth not ſo, yet they are both one in the cure, they doe moſt commonly appear the fourth day, or before the eight day, as *Avicen* witneſſeth.

What the Meaſels or Males are.

Avicen ſaith, That the Meaſels or Males is that which firſt cometh with a great ſwelling in the fleſh, with many little Pimples which are not to be ſeen, but onely by feeling with the hand are to be perceived, they have little elevation of the skin, neither doe they grow to maturation, or end with ulceration as the Pox doth, neither doe they aſſault the eyes, or leave any deformity behind them as the Pox doth, neither are they ſo ſwift in coming forth, but doe grow more ſlowly, they require the ſame cure which the Pox have, they proceed of cholerick and melancholie bloud.

The cauſe of the Pox and Meaſels.

The primitive cauſe as *Valetius* ſaith, is by alteration of the aire, in drawing ſome putrified and corrupt quality unto it, which doth cauſe an ebullition of our bloud.

The cauſe antecedent is repletion of meats, which do eaſily corrupt in the ſtomack, as when we eat milk and fiſh together at one time, or by neglecting to draw bloud, in ſuch as have accuſtomed to doe it every year, whereby the bloud doth abound.

The conjunct cauſe is the menſtruall bloud, which from the beginning in our mothers wombs wee received, the which mixing it ſelf with the reſt of our bloud, doth cauſe an Ebullition of the whole.

The efficient cauſe is, nature or naturall heat, which by that menſtruall matter mixing it ſelf with the reſt of our bloud, doth cauſe a continuall vexing and diſquieting thereof, whereby an unnaturall heat is increaſed in all the body, cauſing an Ebullition of bloud, by the which this filthy menſtrual mat-

ter iſeperated from our natural bloud, and the nature being offended and overwhelmed therewith, doth thruſt it to the outward pores of the skin as the excrements of bloud, which matter if it be hot and ſlimie, then it produceth the Pox, but if dry and ſubtil, then the Meaſels or Males. But *Mercurialis* an excellent writer in Phyſick, in his firſt Book, *de morbis puerorum, cap.* 2. agreeing with *Fernelius* in his Book *De abditis rerum cauſis, c.*12. doth hold opinion, that the immediate cauſe of this diſeaſe doth not proceed of menſtrual bloud, but of ſome ſecret and unknown corruption, or defiled quality of the aire, cauſing an Ebullition of bloud, which is alſo verified by *Valetius*, and now doth reckon it to be one of the hereditable diſeaſes, becauſe few or none doe eſcape it, but that either in their youth, ripe age, or old age, they are infected therewith. The contention hereabout is great, and mighty reaſons are oppugned on both ſides, therefore I will leave the judgement thereof unto the better learned to define; but mine opinion is, That now it proceedeth of the Excrements of all the four humours in our bodies, which ſtriving with the pureſt, doth cauſe a ſupernatural heat and ebullition of our bloud, alwaies beginning with a Fever in the moſt part, and may well be reckoned in the number of thoſe diſeaſes which are called *Epidemia*: as *Fracaſtorius* in his firſt Book, *De morbis contag. cap.* 13. witneſſeth this diſeaſe is very contagious and infectious, as experience teacheth us: There are two ſpeciall cauſes why this diſeaſe is infectious: The firſt is, becauſe it proceedeth by ebullition of bloud, whoſe vapour being entred into another bodie, doth ſoon defile and infect the ſame, the ſecond reaſon is, becauſe it is a diſeaſe hereditable; for we ſee when one is infected therewith, that ſo many as come neer him, (eſpecially thoſe which are allyed in the ſame bloud) doe aſſuredly for the moſt part, receive the infection alſo.

Chap. II.

Sheweth to know the ſigns when one is infected, as alſo the good and ill ſigns in the diſeaſe.

The ſigns when one is infected are theſe, firſt he is taken with a hot Fever, and ſometime with a *Delirium*, great pain

pain in the back, furring and ſtopping of the noſe, beating of the heart, hoarſneſſe, redneſs of the eyes, and full of tears with heavineſſe and pain in the head, great beating in the forehead and temples, heavineſs and pricking in all the body, dryneſs in the mouth, the face very red, pain in the throat and breaſt, difficulty in breathing, and ſhaking of the hands and feet with ſpitting thick matter.

When they doe ſoon or in ſhort time appear, and that in their coming out they doe look red, and that after they are come forth they doe look white, and ſpeedily grow to maturation, that he draweth his breath eaſily, and doth find himſelf eaſed of his pain, and that his Fever doth leave him, theſe are good and laudable ſignes of recovery.

When the Pox lye hidden within and not appearing outwardly, or if after they are come forth they doe ſuddenly ſtrike in again and vaniſh away, or that they doe look of a black, blewiſh, and green colour, with a difficultie and ſtraitneſſe of drawing breath, and that he doe often ſwoun, if the ſick have a flix or lask, when the Pox were found double, that is, one growing within another, or when they run together in bliſters like ſcalding bladders, and then on the ſudden do ſink down and grow dry with a hard black ſcar or cruſt, as if it had been burnt with a hot iron, all theſe are ill ſigns.

Avicen ſaith, there are two ſpeciall cauſes which produce death unto thoſe that have this diſeaſe: either for that they are choaked with great Inflammation and ſwelling in the throat called *Angina*, or having a flix or lask which doth ſo weaken and overthrow the vitall ſpirits, that thereby the diſeaſe is increaſed, and ſo death followeth.

How to know of what humours this diſeaſe cometh.

If it come of bloud, then they appear red, with generall pain, and great heat in all the body.

If they come of choler, then will they appear of a yellowiſh red and clear colour, with a pricking pain in all the bodie.

If they come of flegm, then will they appear of a whitiſh colour and ſcaly, or with ſcales.

If they come of melancholie, then will they appear blackiſh with a pricking pain.

Chap. III.

Sheweth the meanes to cure the Pox or Meaſels.

THere are two ſpeciall meanes required for curing this diſeaſe, the firſt is to help nature to expell the ſame from the interior and principall parts unto the exterior: the ſecond is to preſerve both the interior and exterior parts, that they may not be hurt thereby.

For the firſt intention, if the age and ſtrength of the ſick will permit, and that the Pox or Meaſels appear not, it were then good in the firſt, ſecond, or third day to draw bloud out of the Baſilica veine in the right arme, if he be not under the age of fourteen years, but the quantity muſt be at the diſcretion of him that draweth it, either more or leſſe as occaſion is offered: but for children and ſuch as are of tender years, and weak bodies, it were not good to draw bloud out of the arme, but out of the inferior parts, as the thighes, hams buttocks, and the Emeroidall veines, eſpecially if the party be melancholie, or elſe to apply ventoſes to the loynes, buttocks, or hams, which may boldly be uſed both before and after they do appear, either with ſcarification, or without, as cauſe requireth, which is a ſpeciall good meanes to draw that Ichorous matter from the interior to the exterior parts; but for ſucking Children, it were beſt to apply bloud-ſuckers unto any of the foreſaid places, which is a thing that may be uſed with more eaſe then ventoſes, neither do I wiſh either of them to be uſed unleſſe neceſſity require it, which is, when the matter lieth lurking in the interior parts, not offering it ſelf to appear outwardly: otherwiſe I hold it better to leave the whole work unto nature, ſpecially in ſucking children: for when we ſee that nature is ready, or doth endeavour to expell the malignity which is in the interior parts to the exterior, which may be perceived by reviving of the Spirits, and mitigating of the Fever: here we ought not to uſe any meanes at all, but leave the whole operation to nature, which we muſt onely help by keeping the

the ſick body in a reaſonable heat, being wrapt in a ſcarlet, ſtammell, or red cloth, which may not touch the skin, but to have a ſoft linnen cloth betwixt them both, and then cover him with clothes in reaſonable ſort, and keep him from the open ayre and the light, except a little, and alſo from anger, uſing all the meanes you can to keep the ſick in quietneſſe, and if the body be very coſtive, then to give an eaſie Gliſter.

A Gliſter.

℞. Barley, two handfuls, Violet leaves one handfull: Boyle theſe in three pints of water untill half be conſumed, and ſtrein it: then take of the ſame decoction twelve ounces.

Oyle of Violets three ounces, red Sugar and Butter, of either one ounce,

Mix them together and give it to the ſick warm: you may encreaſe or diminiſh the decoction or ingredients according as the age of the party requireth: but if the ſick have great heat, then may you add one ounce or four drachms of *C ſſia* newly drawn unto it, and when he hath expelled the Gliſter, then rub the armes, hands, legs, and feet, ſoftly with a warm cloth, which is alſo a very good meanes to draw that chorous matter from the interior to the exterior parts, when all this is done, then if the body be inclined to ſweat, you muſt further the ſame by covering him with warm clothes, having a care that you lay not more on him then he can well endure, for otherwiſe you may cauſe faintneſſe and ſwouning, which are ill in this caſe, yet muſt you alwaies keep the ſick warm, and ſuffer him not to ſleep, or permit very little untill the Pox or Meaſels do appear: and here you muſt have a ſpeciall care to preſerve the eyes, eares, noſtrels, throat and lungs, that they be not hurt or offended therewith, as hereafter ſhall be ſhewed you, which you muſt uſe before he ſweat and alſo in the ſweat if need be.

Eyes, how to preſerve them.

℞. Roſe-water, Plantaine-water, of either two ounces, Sumack, two drachms. Let

Let them boyle together a little, or ſtand infuſed a night, then mixe therewith half a ſpoonfull of the oyle made of the white of an Egg, then wet two clothes five or ſix double therein, then lay them upon either eye, cold, which muſt bee alwaies kept upon the eyes untill the Pox be all come forth, and as they grow dry, wet them in the ſame liquor againe, and apply them, but if there be great pain and burning within the eye, then muſt you alſo put a drop of this muſſelage following into the eye: take quinſe-ſeed, half a drachm, bruiſe it a little, then let it ſtand infuſed in three ounces of Roſe-water a whole night, then ſtrein it, and put one drop thereof into the eye three or four times a day at leaſt, or take of this water.

℞. Roſe-water, ℥. ii. Womans milk, ℥. i. Myrrh finely powdered ſix graines.

Mixe them together, and uſe it in the eye as before is ſhewed: this doth eaſe the paine, reſiſteth putrefication, and preſerveth the ſight.

For the eares, you muſt put a drop of oyle of Roſes warm into them before he ſweat.

For the noſtrels, cauſe him oftentimes to ſmell to the vapour of Roſe-vinegar, or elſe Vinegar, red-roſes and Sanders boyled together.

For the throate, let him alwaies hold a peice of white ſugar-candy in the mouth, and as it melteth ſwallow it down.

For the Lunges give the ſick oftenimes ſome ſirrup of quinſes, or conſerve of Roſes, a little at a time.

And for his drink, the decocted water of barley, boyled with a little licorice is beſt, being mixed with the juice of a Lemon, Citron, Pomegranate, or Rybes: which the ſick beſt liketh, for either of them is very good.

And for his diet, he muſt refrain from all ſalt, fat, thick and ſharp meats: and from all ſweet things either in meat or drink, his meat muſt be of a facile and eaſie digeſtion, and that hath a cooling property in it, as broth wherein burrage, bugloſs, ſorrell, and ſuch like are boyled, and for ordinary drink, ſmall beer or ale is beſt.

CHAP.

CHAP IIII.

Teacheth what is to be done when the Pox or Meaſels are ſlow in coming forth.

NOw when you perceive the Pox or Meaſels are ſlow and ſlack in comming forth, then muſt you help nature, with cordials, and by ſweat to thruſt it out from the interior and principall parts, unto which purpoſe I have alwaies found this drink to be excellent good here following.

℞. *Hordei mund.* M. i. *Lentium. excort.* P. i. *Ficuum.* No. x. *Fol. capil. v. Lactucæ. ana* M. ß. *Fol. acetoſæ.* M. i. *Florum cord.* P. i. *Semen fenic.* ʒ. ii. *Semen. 4. frigid. ma. ana* ʒ. ß. *Aqua font.* ℔. iiii.

Boyle all theſe together untill a third part of the water be conſumed, and then ſtrein it.

℞. *Decoct. col.* ℔. i. *Succus granatorum vel ribes,* ʒ. iiii.

Mix all theſe together, and give the ſick four or ſix ounces thereof to drink every morning and evening, which will provoke ſweat, and expell the diſeaſe, and if you cannot get the juice of Pomegranats, nor Rybes, then you may take ſo much of the ſirrup of either of them.

Another good drink to expell the Pox or Meaſels.

Take a quart of poſſet-ale, a handfull of Fennell ſeed, boyle them together till a third part be conſumed, then ſtrein it, and add thereto one drachm of Triacle, and one ſcruple of Saffron in powder: mix them together, and give two, three, or four ounces thereof to drink every morning and evening as cauſe requireth.

But if it be for a ſtrong and elderly body, you may give any of the expelling electuaries which are uſed to expell the Plague, as in the firſt Chapter for the curing of the Plague doth appear.

But if the ſick be ſo weak that he cannot expell the diſeaſe in convenient time, then it is good to epithemate the heart with this epithemation following.

Epithe-

Epithemation for the heart.

℞. *Aquarum roſ. Meliſſæ, Card. b. Bugloſ. Morſus diaboli, vini alb. ana* ℥. iiii. *Aceti Roſ.* ℥. ii. ß. *Pul. Roſ. rub. Trium ſantal. Cinamoni, Elect. diamarg. frigid. ana* 3. ß. *Mithridati,* ℥. i. *Theriacæ,* 3. iiii.

Mix all theſe together, and let them boyle a little, and ſo warm Epithemate the heart: and when you have done it, then give ſome expulſive drink or electuary as cauſe requireth, and then cauſe him to ſweat upon it, for by this meanes you ſhall obtaine your deſire by Gods permiſſion.

Thirſt, how to quench it.

Now if in the expelling of the pox, the ſick be very thirſty and dry, then give this Julep to drink morning and evening, which I have found very good.

℞. Sirrup of Jujubes, Nenuphare, and Burrage, of either four drachms: Water of Burrage, Cichore, and Bugloſs, of either two ounces.

Mix them together and give the ſick one half thereof in the morning, and the reſt at night, and cauſe him oftentimes to lick of this mixture following.

Take the conſerves of Nenuphare, Violets, and Burrage, of either ſix drachms: *Manus Chriſti* made with Perles, four drachms: Sirrup of Nenuphare and Ribes, of either one ounce and half.

Mix them together: and with a Licorice ſtick clean ſcrap'd, and a little bruiſed in the end, let the ſick lick thereof.

Chap. V.

Sheweth what is to be done when the Pox are all come out in the skinne.

For that oftentimes the face and hands, which is the beauty and delight of our bodies, are oftentimes disfigured thereby, I will ſhew you what meanes I have uſed with good and happy ſucceſſe,

ſucceſſe for preventing thereof: which is, you may not do any thing unto them untill they grow white, and that they are come to maturation, which when you perceive, then with a golden pinne, or needle, or for lack thereof a copper pinne will ſerve, do you open every puſtulae in the top, and ſo thruſt out the matter therein very ſoftly and gently with a ſoft linnen cloth, and if you perceive the places do fill againe, then open them againe as you did firſt, for if you do ſuffer the matter which is in them to remain over long, then will it fret and corrode the fleſh, which is the cauſe of thoſe pitts which remaine after the Pox are gone, as *Avicen* witneſſeth: now when you have thus done, then annoint the places with this oyntment following.

Take Elder leaves, one handfull, Marigolds, two handfulls, French Mallowes, one handfull, Barrowes morte or greaſe, ſix ounces.

Firſt bruiſe the hearb in a morter, and then boyle them with the greaſe in a pewter diſh on a chafer and coales, untill the juice of the hearbs be conſumed, then ſtrein it, and keep it to your uſe, the beſt time to make it is in the middle or the latter end of May.

You muſt with a feather annoint the places grieved, and as it drieth in, annoint it againe, and ſo continue it oftentimes, for this will ſoon dry them up, and keep the place from pitts and holes, which remain after the Pox are gone.

Alſo if you annoint the Pox with the oyle of ſweet Almonds newly drawn three or four times a day, which you muſt begin to do ſo ſoon as the Pox are grown white and come to maturation, it will cure them without pitts or ſpotts, and eaſeth the pain and burning, and helpeth excoriation.

Some do onely oftentimes wet the places with the juice of Marigolds in the ſummer ſeaſon, and in winter the juice of the roots will ſerve: and by that onely have done well.

Mercuriales doth greatly commend this decoction following to be uſed after the Puſtulaes are opened.

Take Barley, one little handfull, red Roſes, a handfull, red Sanders, white Sanders, of either one ounce, Saffron, two ſcruples, Salt, four drachms, Clean water, three pound.

Boyle all together untill a third part be conſumed, you muſt

oftentimes touch the sores therewith, with a fine cloth wet therein, and as it drieth in, wet it againe, this in a short time will dry them up.

I have heard of some, which having not used any thing at all, but suffering them to dry up and fall off themselves without any picking or scratching, have done very well, and not any pitts remained after it.

When the Pox, after they come out, do not grow to maturation, how you shall help it.

Sometimes you shall find that it will be a long time before those pustulaes will come to maturation, or grow white: now here you must help nature to bring it to passe, which you may well do with this decoction.

Take Mallowes, one handfull, Figgs, twelve in number, Water, a quart.

Cut the Figgs small, and boyle altogether, untill half and more be consumed, and then wet a fine soft linnen cloth therein, and touch the place therewith oftentimes, which will soone bring them to maturation, and also ease the paine, if any be.

Ulceration, to help it.

If in the declining of the Pox they chance to grow unto Ulcerations, which is oftentimes seen: then for the curing thereof use this order here following.

Take Tamarinds, leaves of Lentils, Mirtils, budds of oaken leaves, red Roses dried, of either a little handfull.

Boyle all these in a pottle of clean water untill half be consumed, then strein it, and with a fine cloth wet therein do you wash and soak the place well, then wipe it dry with a soft and fine linnen cloth, and then cast into the place some of this powder following.

Take Frankincense, Mastick, Sarcocoll, and red Roses, of either two drachms.

Make all these into fine powder severally by themselves, then mix them together, and so reserve it to thy use.

A very good unguent for the ſame purpoſe.

Take oyle of Roſes, vi. ounces, white Wax, one ounce, Ceruſe waſht in Roſe and Plantaine-water, one ounce and half, clear Turpentine, iii. drachms, Camphire, half a drachm.

You muſt firſt melt the wax in the oyle, then put in the Ceruſe by little and little, alwaies ſtirring it with an iron ſpalter, and let it boyle on a gentle fire of charcoles untill it grow black, but ſtirr it continually in the boyling, for feare leaſt it burn: then take it from the fire, and add thereto the camphire, and laſtly the Turpentine: this unguent is good both to mundifie, incarnate, and ſigillate.

For extream heat and burning in the ſoales of the feet, and palms of the hands.

Petrus Foreſtus willeth to hold the hands and feet in warm water, and that will eaſe the pain and burning, and may boldly be uſed without any danger.

For to help the ſoreneſſe and ulceration of the mouth.

Sometime it chanceth in this diſeaſe, that there is a great ulceration or excoriation in the mouth and jawes, called *Aptham*, which if it be not well looked unto in time, will grow to be Cankers,: now to cure and prevent the ſame, this gargariſme is excellent good.

Take Barley-water, a quart, red Roſes dried, a little handfull, Sumach, and Rybes, of either two ounces, juice of Pomegranates, ℥. iii.

Boyle them altogether, ſaving the juice of Pomegranates, untill a third part be conſumed, then ſtrein it, and add thereto the juice of Pomegranates, with this you muſt often waſh and gargariſe, as alſo hold ſome thereof in the mouth a pretty while.

Alſo to prevent the ſame, the kernel of a Pomegranate held in the mouth is very good, and ſo it is excellent good,

to lick oftentimes ſome *Diamoron*, or juice of a Pomegranate.

For inflammation and paine in the tonſils and throate.

Take Plantaine-water, a pint, Sirrup of Pomegranates, two ounces.

Mix them together, and gargariſe therewith oftentimes being warm.

Another.

Taſte Nightſhade-water, a pint, Seeds of Quinces, four ſcruples.

Boyle them together a little, then ſtrein it, and add thereto two ounces of the ſirrup of Pomegranates, and gargariſe therewith oftentimes.

How to open the eye-lids that are faſtened together with the Pox.

Sometimes the eye-lids are ſo faſtened together that you cannot open them without great pain and danger: then to open them you muſt foment or bath them well with a decoction made of Quince ſeed, Mallowes and water boyled together, wherein wet ſome fine linnen clothes five or ſix double, and apply them warm, and continue it untill you may eaſily open them, and then if you perceive any web or filme to be grown over the ſight, then thrice a day do you put ſome powder of white ſugar-candy into the eye, or if you liſt, you may diſſolve the ſugar in Roſe-water, and ſo uſe it in the eye, which will fret it away, and preſerve the ſight.

A good Collery for a Web or Ungula in the eye.

Take the juice of Rue, Fennell, Salendine, Mallowes, of either two ounces.

Boyle them together in a veſſell of glaſſe, or peuter, over a chafer with coales, and ſcumme away the froth that doth riſe thereof, then add thereto the gaule of an Eel, one drachm, and let them boyle together a little, then put thereto four ſcru-

ples of white copperas, and one ſcruple of verdigreace in fine powder, boil all together a little, then let it run through a fine linnen cloth, and keep it in a glaſſe, you muſt every morning and evening put one drop thereof into the eye, provided that firſt due evacuation be made ſo well by phlebotomie as purging.

CHAP VI.

Teacheth how to help divers accidents which chance after the Pox are cured and gone.

For redneſſe of the face and hands after the Pox are gone, how to help it.

TAke Barley, Beanes, Lupins, of either one handfull: bruiſe them all in a morter groſely, and boyle them in three pints of water untill it grow thick like a jelly, then ſtraine it, and annoint the face and hands therewith three or four times a day, for three or four daies together, and then you muſt wet the face and hands ſo oftentimes a day with this water following.

Take Vine leaves, two handfuls: Beane-flower, Dragons, wilde-tanſey, of either one handfull: Camphire three drachms, two Calves feet, the pulpe of three Lemons, a pint of raw cream.

You muſt ſhred the hearbs ſmall, as alſo the Lemons, and break and cut the Calves-feet ſmall, then mix them together, and diſtill it in a glaſſe ſtill, alſo the water of May-dew is excellent good for any high colour, or redneſſe of the face.

For ſpots in the face remaining when the Pox are gone.

Take the juice of Lemons and mix it with a little bay-ſalt, and

and touch the ſpots therewith oftentimes in the day; for it is excellent good.

A good ointment for the ſame purpoſe.

Take oyle of ſweet Almonds; oyle of white Lillies, of either one ounce: Capons-greaſe, Goats-tallow, of either four drachms: Sarcocoll, half a drachm: Flower of Rice, and of Lupins, of either one drachm: Litharge of gold, one drachm and half: Roots of Brionie, and of Ireos, of either one ſcruple: Sugar-candy white, one drachm.

Make powder of all thoſe that may be brought into powder, and ſearce them through a ſearce, then put them all in a morter together, and labour them with a peſtle, and in the working do you put the water of Roſes, Beane-flower, and of white Lillies *ana* a great ſpoonfull, which muſt be put in by little and little in the working of it, and ſo labour them altogether untill it come to an unguent.

You muſt every evening annoint the face therewith, or hands, and in the morning waſh it away in the water wherein Barley, Wheaten-bran, and the ſeed of Mallowes hath been boyled.

For holes remaining when the ſmall Pox are gone.

For helping of this accident I have ſhewed many things, yet never could find any thing that did perfectly content me, but the beſt meanes that I have tried, is one day to waſh the place with the diſtilled water of ſtrong Vinegar, and the next day with the water wherein Bran and Mallowes have been boyled, and continue this order twenty daies, or a moneth together.

Running of the eares, how to help it.

Sometimes the eares do run very much in this diſeaſe, which in any wiſe you may not go about to ſtop in the beginning,

but ſuffer it ſo to run, and the eares to remaine open: but if there be great pain in them, then wet a ſpunge in warm water and oyle of Roſes mixt together, and lay it upon the eares.

For ſtopping of the noſtrills, to help it.

Sometimes the noſtrills are greatly peſtered by ſtopping them with the Pox growing in them, which doth oftentimes cauſe ulceration in them, therefore to prevent the ſame, take red-Roſe, and Plantaine, of either one handfull: Mirrh in powder halfan ounce.

Boyle all theſe in a quart of water untill half be conſumed, and ſo being warm, cauſe the ſick to draw the fume thereof into his noſtrills oftentimes.

Alſo if the ſick doth oftentimes ſmell unto Vinegar, it is good.

For hoarſeneſſe remaining when the Pox are gone.

Take Licorice, Sebeſten, Jujubes, of either two ounces: Fat-Figgs, four ounces, clean water, four pints.

Boyl all theſe together untill half be conſumed, then ſtrain it, and give one ſpoonfull thereof to the ſick oftentimes, and it helpeth.

For filthy and moiſt ſcabs after the Pox are gone.

Take *Lapis calaminaris*, Litharge of gold, and of ſilver of either two drachms: Quick brimſtone and Ceruſe, *ana* ℥ ii.

Bring all theſe into fine powder, and then labour them in a morter with ſo much Barrowes-mort or greaſe as ſhall be ſufficient to make up an unguent, and annoint the place therewith every morning and evening.

FINIS.

Some other few additionall obſervations concerning the paſſages in this latter Treatiſe.

Page the eighth of this precedent Book, a Quilt or Bag is commended to be very excellent; it is reported to be Pope *Adrians* Bag, which he uſed againſt infection, and in the great laſt Sickneſſe in *London*, it was commended to many great Perſons of worth by ſome Apothecaries, who kept it as a great ſecret, and affirmed, it would prevent infection, and preſerve them ſafe in that dangerous time; and thereupon ſold it unto them at a very great rate: But that you may not be deluded in the preſcription, I have ſet down the true receit thereof, as it was delivered unto me from the hands of a very noble friend.

A Preſervative againſt the infection of the air, and the Plague, often approved by Pope Adrian, *and many others of great rank and credit.*

Take *Arſenick* two ounces, *Auripigmentum* one ounce, make little tablets thereof with the whites of Eggs, and Gum *Dragacanth*, and hang them about the neck againſt the heart.

I have alſo ſet down a red Cordiall water, very good againſt infection, which I had alſo from that noble friend.

Take a quart of good ſpirit of Wine, or very good *Aqua vitæ*, infuſe it in one ounce of good Mithridate, with as much good *Venice* Triacle: let it be cloſe ſtopped ſome few dayes

in the infuſion before you uſe it, then pour the ſpirit clear off, and reſerve it for your uſe.

But to diſcover what opinions other Phiſitians have held of that and the like, I have annexed hereunto their ſeverall judgements hereafter, that amongſt ſo many choiſe Medicines, they may ſelect out the beſt and ſafeſt for their own preſervations, when need ſhall require.

And to give them the better ſatisfaction, I have annexed, out of ſome choiſe Manuſcripts, ſome approved Experiments, of ſome of our *London* ableſt Doctors, as alſo out of ſome other Authors.

Severall opinions againſt wearing of Arſenick *Amulets, as Preſervatives againſt the Plague.*

THe poyſonous vapours of *Arſenick* being ſucked or drawn into the body, when they find no contrary poyſon with whom to wreſtle with, as with an enemy, (for in an infected body there cannot be health; but we ſuppoſe him to be well, whom we deſire to preſerve ſo) thoſe vapours muſt needs imprint a malignant and venomous quality on the ſpirit and heart, moſt adverſe and pernitious to nature.

And by *Galens* own doctrine, all Alexiteries doe in a manner, if they be uſed too liberally, greatly offend and weaken our bodies; how can we then think, that ranke Poyſons and Dilætories, (ſuch us *Arſenick* is) being applied, as to penetrate into the nobleſt region of all other, will no whit violate and waſt our naturall, vitall, and radicall heat? *Galen libr. de ſimp. cap.* 18.

Nor did *Galen*, or any of the antient Fathers and Profeſſors of Phyſick, uſe to preſerve from the Plague, or any other poiſon, by adminiſtring ſome other poiſon inwardly, or pre-

preſcribing outwardly Applications, but proceeded by Antidotes, and Alexiteries, as will appear in *libr. de Theriaca ad Piſ. cap*, 16. Wherefore, unleſſe we will utterly diſclaim or relinguiſh the method and preſcripts of theſe worthy Antients, and proſecute new wayes and inventions, to oppoſe this man-yelling Monſter, we muſt attempt it not with Poyſons but Antidotes. And *Galen* defineth thoſe to be Poyſons, which agree not with nature, either well or ill affected at any time; for though there are ſome Poyſons, which if they meet in the body with a contrary venome, ſo fight with it, and oppoſe it, that both doe periſh in the conflict betwixt them; ſo that the party, by their colluctation and ſtrugling together, eſcapes with his life: yet all of them agree in uniform opinion together, that where they meet with no oppoſition, they ruine the party: And therefore conclude, that *Arſenick*, worn by a healthy man, finding not onely no contrary Poyſon to make conflict with, but no Poyſon at all, muſt neceſſarily thwart, and oppoſe, and make an onſet on nature her ſelf.

And to confirme their opinions, I have purpoſely introduced the judgements of other learned Phiſitians concurring with them.

Gerardus Columbus, a learned Phiſitian, reporteth, that it hath been obſerved, that the wearers of theſe Amulets, upon unuſuall heating their bodies, have fallen into ſudden *Lipothimies*, and Swounings, with other fearfull accidents, which continued upon them till the Amulets or Placents were removed from them; and that others, though not inſtantly, yet after ſome time, have by late and wofull experience diſcovered their malignity, by falling into malignant and peſtilent Fevers, ſome of them ending with death.

Franc. Alphanus, a Phiſitian of *Salerne*, relateth of one, who wearing *Arſenick*, and heating himſelf with playing earneſtly at Tenniſe, fell down ſuddenly dead.

Mattheus Heſſus alſo thus writeth, As Cordiall Bags or Amulets ought not to be diſavowed, ſo empoyſoned Amulets can be no way commended; nor doe I remember, that ever any received good from them, who abſtained from other

Antidotes : But this I certainly know, that divers perſons, who carry about them Quick-ſilver in a Nutſhell, by the vain perſwaſions of ſome Impoſters, have died of the Plague, and the counſellours and adviſers of ſuch like Amulets, have been the firſt have betaken themſelves to their heeles, confiding more in their running than cunning : and yet theſe Quacks perſwaded the ignorant people, with glorious promiſes and proteſtations, that whoſoever carried Quick-ſilver or *Arſenick* about his neck, ſhould be as ſafe, as if he had purchaſed a protection from the King of Heaven

Hiſtorians alſo report, that *Caracalla*, though he were a wicked Emperour, prohibited by publick Edict or Proclamation, that no man ſhould wear about him ſuperſtitious Amulets.

And *Theophraſtus* the great (not without cauſe) eſteemed *Pericles* to have a crazed brain, becauſe he ſaw him wear an Amulet about his neck.

And hereunto Doctor *Francis Herring*, an able Phiſitian, as a Corollary to what hath before been written, addeth the experience of ſome *London* Phiſitians, who report, they have ſeen foul holes made in the breaſts of thoſe that have worn thoſe Amulets, and have obſerved divers to die, who have religiouſly worn them about their necks, as well as others.

And whereas the venters and ſetters out of theſe deceitfull wares, make them as a ſcout, to diſcover the infection when it beginneth to ſeize on a man, by clapping cloſe to the heart, to guard that principall part, as the cheif Tower : It is a meer deceit and colluſion : for whenſoever the body is heated, this event followeth neceſſarily, though no other infection be near, but the poyſonous and venomous *Arſenick* it ſelf, whoſe ſalutation is rather *Joabs* imbracing, or *Juda's* kiſſing, than friendly preſervatives.

Cauſes of the Plague.

There are two ſpeciall cauſes of the Plague.

First, An infected, corrupted, and putrified air,

Secondly, Evill and corrupt humours ingendered in the body.

The air is infected, when the temperateneſſe of the air is changed from his naturall ſtate, to exceſſive heat and moiſture, which is the worſt temperament of the air, the vapours drawn up by the heat of the Sun being unconſumed, rot, putrifie, and corrupt, and ſo with the venome infect the air: Alſo dead Carkaſes lying unburied, as it often chanceth in Warres, evaporations of Pooles, Fens, Mariſhes, ſtinking and noyſome ſents and Kennels, and Aſtronomers ſay, Aſpects, Conjunctions and Oppoſitions of ill Planets, and Eclipſes of the Sun and Moon.

Alſo diſordering ones ſelf, either in diet or exerciſes bringeth one into the Peſtilence; therefore in time of contagion, outrages and ſurfets are to be avoided, as alſo all exceſſe of eating, drinking, ſweating, bathing, lechery, and all other things that open the pores of the body, and enter thereby ill aires, which invenome the lively ſpirits.

Signes of the Plague.

The ſignes which declare one infected already are many; but the ſecret token of all to know the infected of the Plague is, if there ariſe botches behind the eares, or under the armeholes, or about the ſhare; or if Carbunkles ſuddenly ariſe in any member, for when they appear, they betoken ſtrength of nature, which being ſtrong, laboureth to drive the poyſon out of the body; but if botches doe not appear, it is more dangerous, for it ſheweth, that nature is weak and feeble, and not able to expell and thruſt forth the venomous humours, and then you muſt have reſpect to the ſignes before rehearſed.

The infection of the Plague entereth into a man after this ſort.

In a man are three principall parts (that is) the Heart, Liver, and Brains, and each of theſe hath his cleanſing place:

If

If they appear in the neck, they ſhew the Brains to be cheifly vexed, if under the arme-holes the Heart, but if they appear in the ſhare, the Liver is moſt infected,

For when a man hath taken infection, it preſently mingleth with the bloud, and runs to the heart, which is the cheif part of man, and the heart putteth the venome to his cleanſing place, which is the arme-holes; and that being ſtopt, putteth it to the next principall part, which is the liver, and it paſſeth it to his cleanſing place, which is the ſhare, and they being ſtopt, paſſe it to the next principall place, that is, the braines, and to their cleanſing places, which are under the eares, or under the throat, and they being ſtopped, ſuffer it not to paſſe out, and then it is moved twelve hours before it reſt in any place, and if it be not let out within the ſpace of four and twenty hours by bleeding, it brings a man into a peſtilentiall Ague, and cauſeth a botch in one of thoſe three places, or near unto them

The Cure of the Plague.

When thou feeleſt thy ſelf infected, bleed in the firſt hour, or within ſix hours after, drink not, and tarry not above twelve hours from bleeding, for then when the bloud is flitting too and fro, the venome is then moving, and not yet ſetled, and after it will be too late; thoſe that are fat may be let bloud, or elſe not.

If the matter be gathered under the arme-holes, it comes from the heart by the Cardiacall vein, then bleed on the ſame ſide by the Baſilica vein, the innermoſt vein of the arme,

If the botch appear behind the eares, above the chin, or in any other part of the face or neck, bleed out of the Cephalica vein on the ſame ſide; you may bleed with cupping Glaſſes, and Scarification, or Horſeleeches.

If the botch appear in the ſhare, bleed in the ankle on the ſame ſide, in any caſe not in the arme, for it will draw up the matter again.

But

But if no botch appear outwardly, draw bloud out of that ſide where you feel greateſt pain and heavineſſe, and out of that vein, the greif of the members affected ſhall point thee out.

If you perceive the Plague invade you at meat, or on a full ſtomack, vomit ſpeedily, and when your ſtomack is empty, take ſome Medicine that may reſiſt Poyſon, as Mithridate, or Triacle, or ſome of theſe following, which, as choiſe Medicines, I have inſerted, as being Doctor *Edwards* Experiments.

For the Plague.

Infuſe two peices of fine pure Gold in the juyce of Lemons four and twenty hours, and drink that juyce with a little Wine, with powder of the *Angelica* root: It is admirable, and hath helped divers paſt all hope of cure.

Another.

Take two drachms of Juniper berries, of *Terra lemnia* ℈ i. make both into fine powder, and mix it with Honey, and take of it as much as a haſell Nut in three drachms of honeyed water made up thus: Take a pint of Honey, and of water eight pints, ſeeth and ſcum it at an eaſie fire, till the fourth part be waſted: It is an excellent Antidote againſt Poyſon and Plague; if the Poyſon be taken before, it will expell it by vomit, if not, the Medicine will ſtay in the ſtomack.

Another.

Take *Zedoary* roots the beſt you can get, great Raiſins, and Licorice, champ it with thy teeth and ſwallow it, if you be infected it preſerveth without danger.

Another

If they appear in the neck, they shew the [illegible] vexed, if under the arme-holes the Heart [illegible] in the share, the Liver is most infected.

For when a man hath taken infection, it presently mingled with the blood, and thus to the heart, which is the chief [illegible] of man, and the heart putteth the venome to his cleansing place, which is the arme-holes; and that being stopt, putteth it to the next principall part, which is the liver, and [illegible] it to his cleansing place, which is the share, and they being stopt, passe it to the next principall place, that is the [illegible] and to their cleansing places, which are under the [illegible] under the throat, and they being stopped, suffer it [illegible] out, and then it is moved twelve hours before it [illegible] place, and if it be not let out within the space of four and twenty hours by bleeding, it brings a man into a pestilentiall [illegible] and causeth a botch in one of those three places, [illegible] them.

The Cure of the Plague.

When thou feelest thy self infected, bleed in the first [illegible] or within six hours after, drink not, and tarry not above [illegible] hours from bleeding, for then when the blood is [illegible] and fro, the venome is then moving, and not yet [illegible] after it will be too late; those that are fat may be [illegible] or else not.

If the matter be gathered under the arme-holes, [illegible] from the heart by the Cardiacall vein, then bleed on the same side by the Basilica [illegible] the innermost [illegible] arme.

If the botch appear [illegible] the eares, above the [illegible] any other part of the face or neck, bleed out of the Cephalic vein on the same side; you may bleed with cupping [illegible] and Scarification, or Horseleeche.

If the botch appear in the share, bleed in the [illegible] same side, in any case not in the arme, for it will draw up the matter again.

But

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Another.

Take *Zedoary* roots the beſt you can get, great Raiſins, and Licorice, champ it with thy teeth and ſwallow it, if you be infected it preſerveth without danger.

Another

Another for botches, boyls, and tokens.

Take of ripe Ivy berries dryed in the ſhade, as much of the powder as will lye upon a groat or more, and put it into three or four ounces of white Wine, and lie in bed and ſweat well; after your ſweat is over, change ſhirt, and ſheets, and all the bed clothes if he may, if not, yet change his ſhirt and ſheets.

Some have taken this powder over night, and found themſelves well in the morning, and walked about the houſe fully cured.

One having a Plague ſore under the thigh, another under the left arme-pit, taking this powder in the morning, and again that night, the ſores brake of themſelves, by this excellent Medicine ſent by Almighty God: It is good for Botches, Boyles, Plague-ſores, Tokens, Shingles, *Eriſipella*, and ſuch like, &c.

Thus farre Doctor Edwards *Doctor in Phyſick and Chirurgery.*

Expe-

Experiments tried by my ſelfe.

For the Plague.

TAke of *Pillulæ peſtilentiales*, called *Ruffi*, or of *Panchy Magogon* (or for want of it) of extraction *Rudii*, of each half a drachm, mingle theſe, into ſix pills for two doſes, whereof take three at a time in the morning faſting, for two dayes together.

Another excellent approved Remedy.

Take eight or nine grains of *Aurum vitæ*, either in Triacle water, or made up in *Diaſcordium*, faſting.

Another excellent ſweating powder for the Plague.

Take of the powder *e Chelis Cancrorum*, of *Aromaticum roſatum*, and of *Ceruſa Antimonii*, of each half a ſcruple, mingle theſe up together in a diaphoretick powder, and take it in four ſpoonfuls of Triacle water well mingled together.

The Cure of Diſeaſes in Remote Regions.

The Calenture,

HAppeneth to our Nation in intemperate Climates, by Inflammation of bloud, and proceedeth often of immoderate drinking of wine, and eating of pleaſant fruits, which are ſuch nouriſhers thereof, as they prevent the meanes uſed in curing the ſame.

To know the Calenture.

At the firſt apprehenſion it afflicts the Patient with great pain in the head, and heat in the body, which is continuall or increaſing, and doth not diminiſh and angment, as other Fevers doe; and is oft an Introduction to the *Taberdilla* or Peſtilence, but then the body will ſeem very yellow.

To cure the Calenture.

So ſoon as you perceive the Patient poſſeſt of the Calenture, (except the Chirurgion, for danger of the ſign defer it) I have ſeen the time of the day not reſpected, open the Median vein of the right arm, and take ſuch quantity of bloud, as agreeth with the ability of the bodie; but if it aſſwage not the heat by the next day, open the ſame vein in the left arme, and take ſo much more like quantity of bloud at his diſcretion; and if the body be coſtive, (as commonly they are) give him ſome meet purgation, and ſuffer him to drink no other then water cold, wherein Barley and Anniſe-ſeeds have been boyled with bruiſed Liquorice. And if within 4. dayes the partie amend not, or being recovered, take it again, open the vein Cephalick in one or both hands, bathing them in warm

warm water, untill there come ſo much more bloud as cauſe requires. Suffer not the Patient to drinke ſeven dayes after he is perfectly recovered, any other drinke, then ſuch water, as is before herein directed.

The Taberdilla,

IS a diſeaſe ſo called by the Spaniards, by the *Mexicans*, *Cocaliſta*, and by other *Indians* is named *Taberdet*, and is ſo exceeding peſtilent and infectious, that whole Kingdomes in both the *India's* have been depopulated by it, for want of knowledge to redreſſe themſelves of it.

To know the Taberdilla.

It firſt aſſaults the Patient vehemently with pain in the head and back: and the body ſeeming yellow, is ſome ſign thereof, and within 24 hours it is ſo torturous, that the poſſeſt thereof cannot reſt or ſleep, turning himſelf on either ſide, back or belly, burning in his back moſt extreamly. And when it growes to perfection, there will appear red and blue ſpots upon the Patients breaſt and wriſts. And ſuch perſons as have not preſently requiſite means applyed to them to prevent it, will be, by the vehement torment thereof, deprived of their wits, and many to ceaſe their pain by loſſe of their lives have deſpairingly ſlain, and drowned themſelves.

The Cure of the Taberdilla.

When you perceive it afflict the Patient, permit him not to lie very warm, nor upon feathers (for of what quality ſoever he bee in *Spain*, having this ſickneſs he is laid upon wheat-ſtraw:) Then immediatly open the Median Vein, firſt in one arm, and the next day in the other, taking a good quantity of bloud: Let him have water cold, wherein Barlie and Aniſe-ſeeds have been ſodden without Liquorice (for the Spa-

niſh Phyſicians hold Liquorice to bee hurtfull unto them) ſo much as he will deſire, which will be every moment; but no other drink, nor any raw fruits: Aſſoon as the ſpots appear, give him ſome Cordiall potion: and laying him upon his belly, ſet ſix Ventoſes together on his back, between and beneath the ſhoulders; and ſcarifying them, draw out (if it be a body of ſtrong conſtitution) 18 ounces of bloud. After which, and that he hath ſlept, he will find eaſe within twenty four hours, and ſuch alteration in himſelf, as he will thinke he is delivered of a moſt ſtrange torment. Then give him moderately nouriſhing meats, (for he will deſire to eat much) the fourth day, give him ſome convenient Purgations. And if in the mean while he is coſtive, provoke him every day by Cliſters; and warn him to forbear 15 dayes all other drink then what is ordained: And be very carefull of his diet, for if this *Taberdilla*, which we call here in *England* Gods Tokens, come againe unto the Patient, he can hardly eſcape it. And it is no leſſe Infectious, then the uſuall Engliſh Plague.

The Eſpinlas

IS a ſtrange ſicknes, uſuall in thoſe parts to ſuch as take cold in their Breaſts, after great heat or travell. It comes moſt times to thoſe that lye with their breaſts upon the ground (eſpecially) in the night.

To know the Eſpinlas.

The Party having it, will be giddie in the head, and have pain and pricking at his breaſt, as with many thornes; from whence I thinke it is called, for *Eſpina* in Spaniſh ſignifies a thorn; and there will be upon the Focell, being the upper bone of his arm, a hand breadth above the wriſt, a little kernell by the which it is certainly known: He that hath this diſeaſe, will have appetite neither to meat, nor drinke, nor can digeſt meat, though he be invited and moved to take it.

To cure the Eſpinlas.

The *Eſpinlas* appearing by the former ſigns, take preſently oyle Olives, and therewith chafe the kerneil upon the Patients arm, uſing ſo to doe twice every day, untill it be diſſolved; and laying oyle likewiſe upon his breaſt, ſtroke it upward ſomewhat hard with the hand; then ſpread fine flaxe upon it and the kernel, making it faſt with a rowler, and within two or three dayes the diſeaſed will be recovered thereof; whereas elſe it is very dangerous to deprive them of life.

Camera de Sangre.

Laxativeneſs, or Blondy Flux, proceed in thoſe parts of divers cauſes: As by eating Grapes, Oranges, Limons, Melons, Plantains, and eſpecially a great fruit growing in the Weſt Indies called *Pina*, like a Pine-apple, but bigger then four of the greateſt which I have ſeen, which the Spaniars hold for the moſt delicate fruit that is there, and many other fruits. Alſo by ſudden cold, or ſitting (being very hot) upon a cold ſtone, or being hot by drinking water abundantly. And alſo eating of Butter, Oyle, and Fiſh is ſo hurtfull to the parties that have it, that they muſt refrain to eat thereof, and whatſoever elſe, that may ingender any ſlimie ſubſtance in the Intrals.

The Cure of the Bloudie Flux.

There is more poſſibility of cure, by how much more expedition the medicine is miniſtred: and detracting it, the Patients often die ſuddenly, without feeling much grief. For ſpeedy and aſſured remedie, the Patients bodie muſt be cleanſed of the ſlimineſs, ingendred in the paſſages of the nutriments, before any ſuſtenance can remain in his bodie. To that purpoſe purge him in the morning, with halfe a pint of white wine cold, wherein half an ounce of Rubard being ſmal

cut hath been ſodden, putting ſome Sugar Candie to it, to ſweeten it, and immediatly after he hath ſo purged, keep at his navell Roſemary ſod in ſtrong Vinegar, applyed in the morning and evening very hot, untill it be ſtayed; giving him often Quinces bruiſed, and rouled in Marmalade like Pills, which he ſhould ſwallow whole, and none of the fruits or meats before recited, nor any more white wine, but red wine of any ſort: And if it be one the land uſe the Livers of Goats, (eſpecially) Sheeps, or Bullocks roſted; not willingly permitting the Patient to eat any other meat: And if at Sea, Riee onely ſodden in water, rather then any thing elſe uſuall there, untill the infirmitie bee perfectly aſſwaged.

The Eriſipela,

REigneth much in thoſe Countries, proceeding from the unwholſome aires and vapours thoſe hot Countries doe yeeld, whereof many periſh; and if it bee not prevented by Medicines preſently miniſtred to the Sick Patients, it proveth incurable.

To know the Eriſipela.

Hee will be ſwoln in the face, or ſome part of him, and it will be of yellow colour mixed with red. And when it is preſſed with the finger, there will remain a ſign or dint of the ſame, and then by degrees it will fill again to the former proportion. It ſpeedily infecteth the inward parts, becauſe ſuch ſwellings come ſooner unto perfection in hot places, then in temperat Countries, and therefore the diſeaſed thereof, muſt immediatly be provided of remedie.

To Cure the Eriſipela.

The Savage people firſt found out perfectly how to cure this diſeaſe, (though it is the Spaniſh name of the Maladie) by bruiſing ſo much Tobacco as will yeeld four ſpoonfuls of juyce,

juyce, and to drinke it preſently after they are infected therewith, and to launce the places ſwollen, thereunto putting *Caſadè* wet, and made into paſte, continuing in cold and ſhadie places neer Rivers: and not to travell and labour till they bee recovered: The Spaniards in *India* doe recover themſelves by taking the ſame juyce of Tobacco, and ſetting ſo many Ventoſes upon the ſwoln places as they can contain, ſcarifying them, and drawing out the corrupted humour ſo congealed, uſing the like in two or three other parts of the bodie, where the diſeaſe doth not appeare.

The juyce of Tobacco is very excellent to expell poiſon, and is the ordinary remedie uſed by the *Indians*, and other Savages when they are poiſoned, and bitten with Scorpions, or other venemous creatures: But they make preſently ſome inciſion where they are bitten or ſtung, and waſh it with the juyce of Tobacco, then applying the ſame bruiſed thereunto two or three dayes, they heal it up with dried Tobacco.

The Tinoſo *or Scurvie.*

IS an infecting diſeaſe ſufficiently known unto Sea-fayring men, who by putrified meats, and corrupted drinks, eating Bisket flourie, or foul cruſted, and wearing wet apparrel (eſpecially ſleeping in it) and ſlothfull demeanour, or by groſſe humours contained in their bodies get the ſame,

To know the Scurvie.

Many have periſhed when they returned out of hot Regions into cold Climates, where they have had the parts of their bodies, which with heat, were nimble and tractable to every motion of the Spirits, dulled and benummed with cold, which is a token that this diſeaſe is ingendring in their joynts; and ſooneſt appears by ſwelling of their ankles, and knees, and blackneſs of their gums, or looſeneſs of their teeth, which will ſometimes come forth, when there is no remedie uſed in ſeaſon.

Preſer-

Preſervatives againſt the Scurvy.

You muſt have a care to preſerve thoſe things before rehearſed well conditioned, the badneſſe whereof, in part breed this diſeaſe; they muſt uſe exerciſe of body, and ſuch as are exempted from doing of labour, muſt hang or ſwing by the armes twice or thrice every day; they muſt not have ſcarcity of drink in hot climates, and coming into the cold, muſt be daily releeved with *Aquavite* or Wine: It is alſo an aſſured Medicine againſt this diſeaſe, to have ſuch quantity of Beer brewed with graines and long Pepper, as in the morning, twice every week, there may be given a good draught to a man, proportioning three quarters of a pound of graines, and three quarters of a pound of long Pepper, to a Hogſhead of Beer: Alſo white Wine, or Syder, boyled and brewed with graines and long Pepper in like quantity, is very ſingular good: And it is not fit to ſuffer the gummes to abound with fleſh, and therefore ſometimes let them bleed, and cleer them with ſtrong Vinegar.

To cure the Scurvy.

If the Scurvy be ſetled in his mouth, the corrupted and black fleſh muſt be taken away, and his mouth waſhed with ſtrong Vinegar, wherein graines and long Pepper have been infuſed and brewed, and give him daily the drink that is before preſcribed; and as well ſuch as have it in their mouths, as thoſe that are ſwoln in their limbs, muſt have ſome meet Purgation preſently; but thoſe ſo ſwoln or ſtiffe (for ſo ſome will be without ſwelling) to ſcarifie the parts infected, and to apply thereto a Poultis or Cataplaſme of Barly meal, more hot than the Patient will willingly ſuffer it; ſo doing every morning, permit him not to reſt two houres after, although being nummed or faint, he be ſupported to walk, and ſuffer him not to eat any ſalt meats, if other meats may be had.

My ſelf having eighty men, eight hundred leagues out of *England*,

England, ſick of the Scurvy, I uſed ſcarifiing, and to the places ſcarified (being deſtitute of the helps mentioned) I applyed Poultiſſes of Biſket beaten in a morter, and ſod in water, which, with the comfort of ſome freſh meats obtained, recovered them all except one perſon, and they arrived in *England*, perfectly ſound.

Other Obſervations concerning the Scurvy taken out of other Books.

1. THoſe that are troubled with the Scurvy, their thighs are ſtained with a violet colour, that one would think, that ſomething of that colour were ſpread upon it, their gummes are corrupted, and their teeth looſe; theſe ever are ſignes of that diſeaſe.

2. Some are onely pained in their teeth and gums, ſome otherwiſe; ſome doe never break out, others their whole thighs are ſtained.

Obſervations out of Sennertus, *concerning the Scurvy.*

1. MUltitude of paſſions, and change of diſeaſes in it.
2. Greif of mind, and uneaſie breathing and ſtopping.
3. Corruptneſſe of the gums, and ill ſavour of the mouth.
4. Ach of the teeth.
5. Spots.
6. Urine.
7. Pulſe.
8. Vein of the legs about the ankles, together with the hands and fingers, the nuch, the knees, and the moving of many parts, with ſwellings.
9. Pain in the belly; about the forepart of the belly, about the ſhort ribs.

10. Feebleneſſe and ache in the joynts.
11. Paines of the reines, and ſtrangury.
12. Head-ache.
13. Pluriſie.
14. Gout.
15. Benumming, and the Palſie.
16. Trembling, and panting of the heart, and ſhaking.
17. Cramp, pricking or ſhooting Aches, and Epilepſie.
18. Contractions, and ſtiffeneſſe of limbs.
19. Apoplexie.
20. Over-much { Sleeping. / Watching.
21. Fear and ſadneſſe.
22. Madneſſe.
23. Abundant bleeding about the noſe.
24. Memory weak.
25. Ache in the ſhoulders.
26. Appetite decayed, thirſt and drineſſe of mouth.
27. Belching upwards.
28. Diſpoſition to vomit, or vomiting.
29. Continuall ſpitting.
30. Looſeneſſe in the belly, ſometimes with bloud.
31. Belly bound at other times.
32. Muck ſweat, with ill ſavour of the body, and Ptyſick.
33. Ill colour of the face, and yellow Jaundies.
34. Swelling of the legs, and Dropſie of the belly.
35. Mighty heat.
36. Fevers. { 1. Quotidian. / 2. Tertian. / 3. Quartain. / 4. Continuall.
37. Plague or Peſtilence.
38. Swelling, or puffing up of the fleſh.
39. Lameneſſe of the thighs and whole body.
40. Saint *Anthonies* fire.
41. Gangrean, when the ſore parts rot and mortifie.

A Water to make a man ſee within 40. dayes, though he have been blind ſeven years before, if he be under fiftie years of age.

TAke Smallage, Fennel, Rue, Betonie, Vervain, Egrimonie, Cinquefoil, Pimpernel, Eyebright, Celydonie, Sage, *ana* a quartern, and waſh them clean and ſtamp them, doe them in a fair maſhing pan, put thereto a quart of good white wine, and the pouder of thirty Pepper cornes, ſix ſpoonfuls of life Honie, and ten ſpoonfulls of a man childs urine that is innocent, and mingle them well together, and ſeeth them till the half be waſted, and then take it down and ſtrein it, and afterward clarifie it, and put it in a glaſſe Veſſell well ſtopt, and put thereof with a feather into the eyes of the blind, and let the Patient uſe this Medicine at night when he goeth to bed, and within forty dayes he ſhall ſee. It is good for all manner of ſore eyes. Wilde Tanſey water is good for the eye-ſight; and eating of Fennell ſeed is good for the ſame.

For the Web in the Eye.

The Leaves of white Honie-ſuckles, and ground Ivie, *ana*, ground together, and put every day into the eye, cureth the Web.

Salt burnt in a flaxen cloth, and tempered with Honey, and with a Feather annointed on the eye-lids, killeth wormes that annoy the eye-lids.

For Wind in the Side, that maketh the Head ſwim.

Take of Cammomil three ounces, a penniworth of pouder of Cummin ſewed in a Poke like a ſtomacher, boil it well in ſtale Ale, lay it to the ſide hot, and when it is cold renew it again hot.

Contra Surditatem.

1. *Betonica ſæpe injecta tepide, mire proficit contra aurium dolo-*

rem & ſurditatem, & alia vitia, & ſonos extraneos non ſinit manere.

2. Roſt an Onion as hot as you may ſuffer it, lay it upon the ear with a linnen cloth laid between. *Probatum eſt.*

Contra lupum, venit ſæpe ſuper oculum aut pedem.

If it be incurable, it ſinketh, fretteth, and the wound waxeth black.

Take Salt, and Honey, and Barley, *ana*, burn them in an Oven, waſh the wound with Vinegar, and dry it with linnen clothes, and then lay on the pouder, and doe ſo till it amend,

Pro Cancro & Lupo.

Take half a pint of Juyce of Mollein, and half a pint of Honey, ſodden to the thickneſs of honey, and mingle with theſe pouders, and lay on the ſore. Take Orpiment and Verdi-greaſe, of either a drachm and a half, juyce of Walwort a pound and a half, honey a quartern, Vinegar, boil them altogether till it be as thick as honey, lay thereof on the hole of the ſore twice every day, with juyce of Ribwort, and drinke juyce of Avence.

Ribwort ſtamped and laid on the ſore will kill it.

Pro Oculis.

1. *Lac mulieris quæ maſculum genuit, ſed præcipue quæ gemines maſculos genuit, mixtum cum albumine ovi, & in lana compoſitum paſſiones & lachrymas oculorum mitigat, et deſiccat, ſi fronti lacrymantis imponatur: & proficit, etiam ad oculum ictu percuſſum, & ſanguinem emittentem, vel epiphoras habentem, vel in dolore conſtitutum.*

2. *Si quis duarum fœminarum, matris & filiæ lacte perunctus fuerit, qui uno & eodem tempore maſculos habent, in omni vita ſua dolorem oculorum non habebit.*

3. Eyebright juyce, or water, is excellent good for the eyes.

4. An-

4. Annoint a red cole leaf *cum albumine ovi, & quando is cubitum oculo applica.*

For Bleared Eyes.

Take the juyce Peritory, temper it with the white of an Egg, and lay it all night to your eyes, *& quando removes, lava cum ſucco.*

Cornes.

Annoint thy cornes often with faſting ſpittle: Or cleave a black Snail to it.

Take Woodſoure and lay to the corn, and that ſhall gather out the *Callum* thereof, and be whole, but you muſt firſt cut it about with a knife.

Apoſtema.

1. *Gentian* uſed twice or thrice in a week *ad quantitatem pili deſtruit Apoſtema.*

2. Drinke water of Endive, Petty Morrell, with the pulp of *Caſſia Fiſtula.*

3. Take *Scabios*, red Pimpernel, Solſickle and Fumitorie, make theſe into pouder, and uſe a ſpoonful thereof in the morning, eſpecially in *May. Probatum eſt.*

Pro ſtomacho frigido.

1. Oates parched and laid in a Satchell upon a cold ſtomack, is an approved cure.

2. The cruſt of a brown loaf made hot and ſprinkled with vinegar, and laid on a cold ſtomack, *Salvabit.* 3. A tile ſtone made hot and ſprinkled with Vinegar, Eyſell or Ale, wrapt in a clout, and laid to the ſtomack, is good.

Pro dolore ſtomachi.

1. Stamp Fennell, and temper it with ſtale ale, *& bibat tria cochlearia ſimul.* Seeth Penniroyall and binde it to his Navel as hot as he may ſuffer it.

For winde or gnawing in the Belly.

Take *Calamus Aromaticus*, Galingale, and a little Fennel ſeed, Cloves, and Cinnamon, grate or beat them together, and take them in pouder, or drink them with ale.

For the Small Pox.

Take Almonds, and make Almond milk, and take the cream thereof

thereof, and bath the face twice or thrice, though all the Pocks be pulled away, it ſhall not be Pock fret.

Annoint oft the Patients eyes with a linnen cloth wet in the juyce of Sengreen, and it will ſave them from the Pox.

For a ſtroke in the eye.

Juyce of Smallage and Fennel, and the white of an Egg, mingled together, and put into the eye.

Bloudſhed in the eye.

Five leaved graſſe, ſtampt with Swines greaſe, and with a little ſalt bound to the eye.

Pro Oculo & Aure.

Sint calida quæ aure imponuntur, & frigida quæ in oculo.

For a Venomed ſore.

Take Lavender, Marigolds, Sengreen and Betonie, and ſtamp them together, and lay them to the ſore.

To make a ſwelling break.

Take piſſe and Vinegar, and Sage M. i. ſtamped, and flour, and boil them together, and lay it hot on a cloth to the ſore.

For the Squinſie.

Bray Sage, Rue, aud Parſely Roots, and lay them hot to the throat.

For Biting of a mad Dog.

Stamp Mint, and clear Leeks, and lay it to the ſore.

To breake a Botch.

Make a Plaiſter of Woodbine leaves, and lay to the ſore.

For gnawings.

Take Hearb Bennet, and Sheeps tallow, and oyle Olive, frie them together, and lay it to the ſore place.

To increaſe Milk.

Pouder of Anniſe, and the juice of the bark of Fennell root drunke.

If milk be thick.

Eat mints, and boil mints in wine and oyle, and lay on the breaſts.

For Botches, Wounds, and Sores, a ſalve.

Boil black Roſin, red Lead, and oyle Olive together; & *fiat emplaſtrum.*

Qui bibit novem dies ſimul propriam urinam, nec habebit epilepſiam, paralyſin, nec colicam.

Venenum.

1. *Qui bibit propriam urinam, ſanabitur a ſumpto veneno.*

2. Garlick, Rue, Centaury, graines of Juniper, *valent contra venenum.*

3. Pouder Hempſeed, and mingle it with Goats milk, and let them boyle a little, and uſe this drink three dayes, *valet contra inflationem, venenum,* Bubonem, Felon, *& ſquinanciam.*

Pro Auribus.

Green Aſh leaves burnt, and the liquor that drops out of them *impoſitum valet.*

Euphorbium pounded with Oil Citron, and laid hot on the eares, cureth ſounding of the eares, tingling, and Fiſtulaes.

Caput-purgium.

Take the juyce of Ivy, and powder of Pepper, mingle them, together, and drink it.

For the bloudy Flix.

The yellow that groweth in red Roſes put into pottage, and ſo eaten, is good for the bloudy Flix.

Vermes Stomachi.

The ſame yellow drunk in Ale. *valet contra Vermes.*

For a Felon.

Scabious ſtamped ſmall, a good quantity of Tar, and greace *ana.* temper them together, and all raw, lay them to the ſore place.

For the Reines of the back.

Boyl your own water well, ſcum it, then take a quart of that water, oyle of bayes one ounce, oyle of Roſes one ounce, boyle all in a pot, and therewith annoint well the reines in the hot ſunne, or againſt the fire.

Unge renes, cum naſturtio & propria urina jejunus ſæpe, & juvat renes.

Coque mel & butyrum ſimul & unge renes coram igne.

Seeth Smallage, and temper it with Wine, and drink it faſting, and you ſhall be healed.

For them that cannot goe upright for pain in their back and reines.

Take a fat Hen, and ſcald her, and draw her, and fill her with *Sene coddes* 1d weight, and Polipody of an Oak, and of Annis, 1d weight, boyl her well, and ſtrain her into a veſſell, and take two ſpoonfuls thereof, and give it the ſick firſt and laſt.

For the Stitch.

Take three handfuls of Mallowes, ſeeth them in a litte raw Milk, and put thereto a handfull of wheat bran, and let them boyle together, and then wring out the Milk, and lay it hot to the Stitch, apply it often.

Take a few leaves of Rue, and Yarrow, ſtamp them together, and wring out the juyce, and drink it with a little Ale.

For the Stitch in the ſide.

Make Balls of red Wortes ſodden, and burne them in a new pot, and then grind them to powder, and mingle them with Honey and old Greace, and make a plaiſter, and lay it thereto when it is well ſodden.

To heal Wounds.

Take Ribwort, Plantain, Smallage, *ana.* take well nigh as much *May* Butter as of the juyce, mingle it together, that it be ſtanding, and put it in a Box that no air come thereto, and make an Ointment, and this is the ſecureſt Medicine for healing Wounds.

For ſwelling of Joynts.

Bray Mallowes, and boyle them in new Milk, and make it into an emplaiſter, and apply it to the place.

To knit Sinews or Veins that are kickt or broke.

Take two Onions in ſummer, when thou findeſt two Wormes knit together, cut off the knots, and lay them to dry againſt the Sun, and make thereof powder, and caſt it in the Wounds, and it will doe as aforeſaid.

Ut virga hominis nunquam erigatur.

Formicas iſtas pulveriſabis, miſce cum vaccinio lacte & da cuivis in potu &c.

Ver-

Verrucæ, Porri, ficus.

Cortix ſalicis combuſtus & temperatus cum aceto, & appoſitus, verrucas, porros & ficus tollit. Portulaca fricata tollit verrucas. Agrimonia trita & emplaſtrata cum aceto verrucas tollit.

Stercus ovis ſi miſceatur cum aceto, & fiat emplaiſtrum, tollit variolas & verrucas.

For Cornes.

Take Beanes and chew them in thy mouth, and lay them to the Corn, doe this at night.

For Warts.

1. Purſlane rubbed on the Warts maketh them fall away.

2. The juyce of the roots of Ruſhes applied, healeth them.

For a Wound that bleedeth inwardly.

Take *Filago*, and temper it with Ale or Wine, and give it him, and anon the bloud ſhall goe out by his mouth; and if the Patient cannot open his mouth, open it with a key, and put it in, and he ſhall receive his ſpeech, this hath been proved.

If men have any blood within them of any hurt.

Let them drink Eufraſe ſodden with water, and anon they ſhall caſt it out by vomit.

Aqua proſcabie, tumore, & prurita.

Aſhes made of green Aſhen wood ſifted clean, and mingled with clean water, and often ſtirred, all a whole day, the water thereof, that is clear gathered, and mingled with a little Vinegar, and a little Allome, and ſodden together, is a pretious water to waſh with, ſores of ſwellings, and for itchings, and cleanſing of divers ſores.

An vulneratus vivat, vel non.

The juyce of Pimpernell drunk with water, if it come out at the Wound of a wounded man he ſhall dye, if it come not he ſhall live.

Alſo give him Trefoile to drink, if he caſt it out he ſhall die.

To deſtroy an Impoſthume, in what place ſoever it be.

Take the roots of marſh-mallowes, waſh them and boyle them, afterwards take the ſame water, and boyle it with the

seed of Fenugreek, and Line, then bake it with the bran of Barly, afterwards fry it with Bores greace, make thereof an emplaister, and apply it hot, and within a short time the Patient will be cured.

For Warts.

1. Agrimony stampt with Salt, and tempered with Vinegar, and laid on the Warts, within four dayes doth take them away.

2. Take the yolk of an Egg well roasted, stamp it with oyle of Olive, or oyle of Violets, and make it in manner of a plaister, and this will doe away the Warts in a night.

3. Rub them oft with oaken Apples, and bind a plaister thereof on them, and bray blossomes of Golds, and Agrimony with Salt, and lay them to as a plaister.

4. Burn Willow tree rind, and temper the Ashes with Vinegar, *& utere.*

Oleum Nucum.

Take Nuts whole, seeth them in water, and then break them, and take out the kernels and stamp them, and then wring them through a cloth, and that Oyle is noble and mollificative.

Unguentum Dialæheæ *optimum pro podagra.*

Take Brocks greace, Swines greace, Ducks greace, Capons greace, Ganders greace, suet of a Deer, Sheeps tallow, *ana. p. æ.* melt them in an earthen pan, then take the juyce of Rubarb, marsh-Mallowes, Morrel, Comfrey, Daysie, Rue, Plantain, Mace, Heyrif, Matfelon, and Dragons, *ana. p æ.* fry them in a pan with the foresaid greace, *secretum pro podagra.*

For the Collick and Stone.

℞. *Cepas Rubras, pista commixta cum mulvaseto, & bibe calide.*

Aqua propter ulcera & malum mortuum.

℞. *Aquam fabri potell.* i. *salviæ, cuprifolii nasturtii & modicum mellis, coque ad medium, & lava locum.*

Aqua pro alceribus.

℞. *Apii, Salviæ, Sempervivæ*, ana. M. i. *pista & coque in una* ℔ 8. *aquæ currentis, postea cola & adde* ℥. iiii. *Aluminis, Mellis,* ℔ ß. *Bulliet alumen modicum, adde* ℥. iiii. *Camphoræ & reserva.*

Ca-

Capitis dolor.

Coque Cumium in malvazeto, & lava caput.
Pista rutum, cum sale, & fiat emplastrum.

For Bones broken in a mans Head.

℞ *Agrimoniæ Contisam fiat emplastrum. Item bibe Betoniçam* p. i. *& resurgant ossa & sanatis pro acto vulnera.*

Capitis dolor.

℞. *Rutæ, hederæ terrestris, folia lauri, coque in aqua vel vino & fiat emplastrum super caput.*

℞. *Celidoniam, pista & coque cum butyro versus dolorem capitis etsi cranium cecidit de loco,* &c. *& lava cum decoctione ejusdem erbæ.*

Corvi albi.

Attende cum corvus habet ova, & unge ter vel quater cum melle, & pulli eorum erunt albi.

Ebrii.

Qui prius biberit crocum quam ad potationem inierit, crapulam vel ebrietatem non incurret.

Acetum.

Ut acetum redeat in vinum semen porri immitte per duas noctes.
Ova rotunda producunt gallinas, longa vero gallos.

Fistula.

Hebba Roberti Fistulæ emplastrata, vel succus ejus in eam posita eam curat.
Succus caprifolii naribus impositus, polypum recentem & cancrum, & fistulam curat.

Pro virga virili combusta cum muliere.

℞. *Sume morellæ & sedi & axungiæ porcinæ,* p. æ. *frixa & suppone.*

Contra exitum ani.

℞. *Urticas rubras pista, & in olla terrea coque in vino albo*

ad medium, poſtea bibe mane & ſero calide, & fæces ſuperpone.

Contra fluxum.

1. ℞, *Cornu cervi, & conchas oſtrei, combure & da pulverem mane & ſero 9 dies.*

Plaiſter of Paris.

2. ℞ *Pulverem* alabaſtri *miſce cum albumine ovi, pone ſuper tempora & alia loca.*

An virgo corrupta.

Pulveriza fortiter flores lilii crocei quæ ſunt inter albos flores, da ei comedere de illo pulvere, & ſi eſt corrupta ſtatim minget.

Ut dens cadat.

Pulvis ſtercoris capræ poſitus ſupra dentem, facit cadere: cave alia.

Pro combuſto cum muliere.

Take pouder of a linnen cloth when it is well burnt, and take the yolks of eggs, and mingle them well together, and therewith annoint the ſore, and put the pouder into the hole.

A Drink that healeth all Wounds without any Plaiſter or Ointment, or without any taint moſt perfectly.

Take Sanicle, Milfoil, and Bugle, *ana*, p.æ. ſtamp them in a morter, and temper them with wine, and give the ſick that is wounded to drinke twice or thrice in a day till he be whole. Bugle holdeth open the wound, Millfoil cleanſeth the wound. Sanicle healeth it, but Sanicle may not be given to him that is hurt in the head, if the brain-pan be broken, for it will ſlay him, and therefore it is better in another place: This is a good and tryed Medicine.

Unguentum geniſtæ.

Take *Flores geniſtæ*, floures and leaves of Woodbind, *ana*, p.æ. ſtamp them with *May* Butter, and let them ſtand ſo together all night, and in the morning make thereof an ointment, and melt it, and ſcum it well: This Medicine is good for all cold evils, and for ſleeping of hand and foot.

Unguentum Auguſtinum *is good for all ſore legs that be red and hot.*

Take Groundſell and Petty Morrell, and ſtamp them, and temper

temper them with May Butter, and put them in a pot faſt cloſed, and let them ſtand ſo nine dayes, and then frie it over an eaſie fire, and ſtrein it through a cloth, and put it in a box for your uſe.

Unguentum viride *is good* pro erectione virgæ, *and for the* mormale; *no ointment worketh ſtronger then this.*

Take a pound of Swines greaſe, one ounce of Verdigreaſe, half a ſcruple of *Sal gemmæ*, this ointment may be kept 40. winters: *Valet contra cancros*, and for running holes, it fretteth away dead fleſh, and bringeth new, and healeth old wounds; put it within the wound that it feſter not: Put to this ointment, Pitch, roſin, and waxe, and it will be a fine heat for old bruiſes, ſwellings, and Mormales.

Unguentum nigrum, *for wounds, heating and burning.*

Take a quart of oyle of Olive, and boil it well, then caſt in a quart of red lead, and ſtir it well with a ſlice, and boil it till it be black, and then let it cool; and keep it for drawing and healing.

Unguentum Rubrum.

Take a pint of honey, half a pint of Vinegar, and a portion of Verdigreaſe, boil them together, and it is good for all manner of ſores.

Contra vomitum.

1. ℞. Roſewater, pouder of Cloves, and Maſtick, and drinke it hot.

2. Take Mints thre ounces, Roſes half an ounce, Maſtick one ounce, Barlie meal, and a cruſt of bread toſted, and this manner of Plaiſter apply to the ſtomack.

3. *Rutæ coehleare i. bibe cum vino vel cereviſia, multum valet.*

4. Pouder of Gilliflowers ſtrewed on his meats, ſtancheth immediately.

Note, He muſt eat no meat whilſt he caſteth (*ut virtus maneat.*

Fluxus ſanguinis narium.

1. Hens feathers burnt, and the ſmoke thereof applyed to the noſtrils ſtinteth it.

2. A pigs turd burnt, and made into pouder, blown into the noſtrils.

3. The juyce of Smallage drunk reſtraineth bleeding. *Probat.*

4. *Succus menthæ & rutæ mixtus curat fluxum narium.*

Contra Sciaticam.

Stercora leporis temperata et calido vino applica forma emplaſtri dolori.

Freckins of the face.

1. Greaſe your face with oyle of Almonds, *& bibe ſuccum plantaginis.*

2. Annoint your viſage well and often with Hares bloud.

To know if a man be a Leper or no.

Let him bleed, and put the blond into water, and if the bloud ſwim above, he is a Leper, and if it deſcend, he is clean.

For ache in the loins.

Take Waybread, and Sanicle, ſtamp them, and put thereto Bores greaſe, *& forma emplaſtri calidæ dolori applica.*

For a ſcald Head.

1 Waſh thy head with Vinegar, and Cammomil ſtampt and mingled together, there is no better thing for the Scall. *Probat.*

2. Grinde white Hellebor, grinde it with Swines greaſe, *applica capiti.*

3. Take Culver dung, with Salt, and a little Vinegar, and ſtirre them well together, and therewith waſh thy head, *& ſanabit capitis fœditates.*

Ad ornatum faciei.

Take freſh Bores greaſe, and the white of an Egg, and ſtamp them together, with a little pouder of Bayes, and therewith annoint the viſage, and it ſhall clear the skin, and make it white.

If the Liver rot.

Eat raw Parſely 9. dayes, and 6. dayes after eat Sage, and that will cleanſe that the Parſely hath wrought.

Note, All Hearbs whoſe roots be medicinable, are beſt in *Aprill.*

For ſtopping of the Pipes.

℞. Leaves and tender ſtocks of Horehound, ſtamp them and ſeeth

ſeeth them well in Butter, then wring it through a cloth, cool it, and adde to that pouder of Liquorice, and of Hyſop, mixe them together, and keep it in a Box, and when thou wilt, take a ſpoonfull, and temper it with hot wine, and uſe it when thou goeſt to bed.

Aliud.

℞. A good quantity of Hyſop, ſeeth it in half a gallon of good wine, till half bee ſodden away, and let the ſick uſe it firſt and laſt, at evening hot, and at morning cold. *Probat.*

Aliud.

℞. The juyce of Cinquefoil ſtamped, and drinke a ſup thereof with wine or ale, and it ſhall clear thee of much flegm, above and beneath.

The Plague Water.

TAke a handfull of Sage and a handful of rue, and boil them in three pints of Malmſie, or Muſcadine, untill one pint be waſted, then take it off the fire, and ſtrain the wine from the hearbs, then put into the wine two penniworth of long Pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmeg, all groſly bruiſed, and let it boil a little again: This done, take it off the fire, and diſſolve it in half an ounce of good *Venice* Triacle, and a quarter of an ounce of Mithridate, and put to it a quarter of a pint of ſtrong Angelica water; ſo keep it in a glaſſe cloſe ſtopped for your uſe: For preſervation you ſhall take every morning a ſpoonfull warm, and lay you down to ſweat upon it, and ſo continue to take it twice a day untill you perfectly recover. This water likewiſe cureth the ſmall Pox, the Meaſels, Surfets, and Peſtilentiall Fevers.

A Cordiall Water good for the Plague, Pox, Meaſels, all kind of Convulſions, Fevers, and all pain of the Stomack.

Take Sage, Roſemary, Rue, Celandine, Scabios, Agrimonie, Mugwort, Woormwood, Pimpernel, Dragon, *Carduus benedictus*, *Roſa ſolis*, Betonie, Marigold leaves and flowers, Centurie,

turie, Polipodium, Scurvie graſſe, of each a handfull, waſh them and ſwing them in a clean cloth till they be dry, then ſhred them ſmall, and take the roots of Zedoarie, Tormentill, *Enula campana*, Angelica, Licorice, of each half an ounce ſcraped, and ſliced, then take of the beſt white wine eight pints; put them all into an earthen pot well leaded, let them ſtand two dayes cloſe covered, and ſtirre them once in the day, then ſtill them in a Limbeck, with a temperate fire; it will be two dayes and a night in the ſtill: keep the firſt pint by it ſelf; of which you may take a ſpoonful at a time; of the next quart take twice ſo much; of the next pint you may give to little children a ſpoonful at a time: Lute the ſtill well, that no aire come forth, and keep it in cloſe glaſſes.

For a Child that hath the Ague.

Take the Hearb called Hartſhorn, ſtamp it, then mingle it with bay Salt, and three or four houres before the fit come apply it, ſpread upon a linnen cloth, to the Childs wriſts, and when the fit is paſt, apply a freſh one before the next fit, and in a few fits, God willing, ſhe ſhall be cured.

For a burning Fever.

Take red mints two handfull, boyle them in a quart of running water, to the conſumption of half, ſtrain it, and put thereto four or five ſpoonfuls of white Wine Vinegar, and as much Honey, boyle it to the height of a Sirrup.

Take of Endive two handfuls, boyle it in a quart of water, to the conſumption of half, take two ſpoonfulls of this, and one of the Sirrup, in the morning faſting, and at any other time you pleaſe.

For the Jaundies black or yellow.

Take of White Wine one pint, ſteep therein of the root of *Celidon*, the weight of twelve pence, of Saffron one pennyworth, a raſe of Turmarick; bruiſe all, and bind them in a fine peece of Laun, and let it infuſe in the Wine a night, drink a part

a part thereof in the morning, one other part at noon, and the reſt at night.

To bring down the Flowers.

Take of Alligant, or Muskadine, or Clarret, a pint, burn it, and ſweeten it well with Sugar, put thereto two ſpoonfulls of Sallet oyle, then take a good Bead of Amber in pouder in a ſpoon with ſome of the wine after it, take it evening and morning.

To ſtay the Flowers.

Take Amber, Corrall, Pearl, Jeat, of each alike, grind them to a fine pouder, and ſearſe them; take thereof as much as will lye upon ſix pence with conſerve of Quinces, and drink after it a draught of new milk, uſe it every morning.

For the Mother.

Take a brown toſt of ſour bread of the nether cruſt, and waſh it with Vinegar, and put thereto black Sope, like as you would butter a toſt, and lay it under the Navill.

For the Stone.

Take Saxifrage, Pellitorie, Parſlie, Eyebright, wild Thime, of each two handfuls; of Raddiſh roots two or three, ſteep all in a pottle of red cowes milk a night, then ſtill it, make of this quantity two ſtillings.

You muſt take at a time nine ſpoonfuls, as much Reniſh or White wine, and the juice of a Lemon, ſweeten all with Sugar, and take it faſting, if your ſtomack be cold, ſlice a little Ginger, and put into it.

For a cold, cough, Ptiſſick, or any defect of the Lungs.

Take Horehound, Maiden hair, Liver-wort, Harts tongue, Germander, Hyſope, Agrimonie, of each a handfull, waſh them and boil them in ſix pints of running water in a pipkin, till four pints be conſumed at leaſt, ſtrain it, and put the liquor into another clean Pipkin, put thereto of the root of *Enula campana* in pouder and ſearſed one ounce, of Licorice ſo uſed two ounces, of pure honie eight or nine ſpoonfulls;

boyl it till it wax somewhat thick, then set it to cool: Take the quantity of half a nut at a time, as often as you please.

The best time to make it is in *May*.

For a Stitch.

Take of stale Ale, two pints, clarifie it, and boyl therein of the tops of green broom a handful, then sweeten it with Sugar, and give thereof to the sick warm to drink.

Also take Beer, make it very Salt, put a little Nutmeg thereto, and drinke thereof bloud-warm.

Apply upon the grief outward, Fennel seed, and Cammomile made wet with Malmsie, as hot as can be suffered, three or four dayes together.

Or take a tost of Rie bread tosted on a gridiron, and spread Tar thick thereon, lay it hot next the skin, and let it lye 9, or 10 houres, and if the pain be not gone at first, apply it again.

For a Consumption.

Take a Leg of Veal, cut away the fat, and take a red Cock, scald him, and wash him clean, then let the Cock and Veal lye in water the space of three houres, seeth them with two pottles of fair water, and scum it clean: as the fat riseth, take it off, and seeth it till half be consumed, then put in a pottle of the best Claret wine, and let it seeth together till it come to a quart, clarifie it with three or four whites of Eggs; let it run through a Jelly bag; then set it on the fire again, and put to it of Sugar a pound, let it seeth a little, then drinke of it warm three or four spoonfuls at a time, as often as you please.

For the Green sickness.

Take an Orange, cut off the top, and pick out some of the meat, then put therein a little Saffron, rost it gently, when it is rosted, put it presently into a pint of white Wine, keep it covered, and drink thereof fasting.

A speciall Water for all Sores.

Take of running water four pints, of Sage, Smallage, of each

each three handfulls, of Houſleek a handfull and a half, ſeeth them together to the conſumption of half, then ſtrain it, take of Allum two ounces, of white Copperis an ounce and a half, of Camphire two drachms, beat all ſeverally into fine pouder, put all into the water, and let it boyle a little, then put thereto of clarified Honie half a pint, and let it ſimper a while then reſerve it in a glaſſe cloſe ſtopped.

Waſh the ſore therewith, and wet a cloth therein, and lay thereto; if it heal too faſt, lay dry lint therein.

For the trembling of the Heart.

Take a ſpoonfull of the ſpirit of Tartar when you find your ſelf troubled.

Or take *Lignum aloes, Riponticum, Eupatorium*, red Sanders, of each two ounces, beat them, and boyle them in ſix pints of fair water till two pints be conſumed; of the four pints that remain, being ſtrained, make a Sirrup with Sugar, and while it is hot, put thereto of Saffron one ſcruple, of Ginger one drachm, of Muſk two carets, Cloves, Nutmegs, of each a ſcruple and a half, keep it in a glaſſe cloſe ſhut, take thereof a drachm at a time in a little Broth, or Burrage water, faſting.

For a Flux of the Womb.

Take Chalke finely ſcraped, ſtir thereof in whites of Eggs till it be thick, ſpread thereof on brown paper, and lay it on a Gridiron on the fire untill it ſtiffen a little, bind it hot upon the Navill.

Take Milk and ſet it on the fire, when it ſeeths, throw in a peice of Allum, which will turn it to a Poſſet, of the thin thereof, give a Gliſter in the morning, and at four in the afternoon.

A purging drink for ſuperfluous humours, for Aches in the joynts, ſinewes, and for Agues.

Take Sarſaperilla, Saſafraſs, Polipodium, of each a handfull,

Hermodactiles the third part of an ounce, Licorice one ounce, cut and ſlice the abovenamed, and put them into a new Pipkin glaſſed, and having a cover, and put thereto five quarts of ſpring water, let all infuſe four and twenty houres, then put thereto of Fennell ſeed two ounces, Raiſins of the Sun ſtoned and picked four ounces, *Carduus benedictus*, red Sage, Agrimony, Maiden-hair, of each a handfull, put all into the Pipkin, and cloſe it with paſte, ſet it within a pan of warm water on the fire, and let it boyle two houres, then put thereto of *Sena* one ounce, let it boyle again half a quarter of an hour, and take it out, letting it ſtand covered two houres, then ſtrain it without wringing, and keep it in a glaſſe or ſtone bottle.

You muſt take at a time half a pint in the morning, and faſt one hour after, it will not purge in five or ſix houres, you may uſe it at any time in the year, but in extream heat, and in froſts.

A pretious Eye-water for any diſeaſe of the Eyes, often proved.

Take of the beſt white Wine two little glaſſe fulls, of white Roſe water half a pint, of the water of Selendine, Fennell, Eyebright, and Rue, of each two ounces, of prepared Tutia ſix ounces, of Cloves as much, Sugar roſate a drachm, of Camphire, and Aloes, each half a drachm.

The Tutia is thus prepared.

In a Cruſible (ſuch as the Goldſmiths uſe) put your Tutia and with a charcoale fire let it be made red hot ſix ſeverall times, and every time quenched in Roſe-water and Wine mixt together; the laſt time caſt the water away, and grinde the Tutia to very fine powder.

You muſt mix the Aloes with the water after this manner.

Put the Aloes in a clean Morter, and pour upon it of the mixt waters, with the Peſtill grinde it too and fro, and as it mixeth with the water pour it off, putting more water to it, till it be all diſſolved.

T

To bring the Camphire to powder.

In a clean Morter beat one Almond, then put in the Camphire, and beat it to a fine powder, without which it will not come to a powder.

Likewiſe beat all the Cloves to a fine powder, then mix all together in a ſtrong glaſſe, ſtop it cloſe and lute it, that no air enter, and let it ſtand forty dayes and nights abroad in the hotteſt time of ſummer, and ſhake it well thrice a day.

The uſe.

Drop a drop of the water into the eye thrice a day with a black Hens Feather, the infirm lying on their back, and ſtirring the eye up and down.

If there be any thing grow upon the eye.

Take four drops of oyle of Amber rectified, and mix with half an ounce of the water, dreſſe the eye as before.

For any Ague.

Take a quarter of a pint of Canary Sack, put into it a pennyworth of oyle of Spike, a pennyworth of Sirrup of Poppyes, and one grain of Bezar, mingle theſe together, and let them ſtand infuſed all night, and exhibite it next morning to the Patient faſting.

For an Ague.

Boyle two ounces of Roch in a Pipkin, in a pint of Ale, about a quarter of an hour or better, then give the party grieved to drink of it pretty warm, ſome two houres before the fit cometh, about half of it, and what the party cannot drink at the firſt draught, let it be warmed againſt the ſecond fit, and give it as before, after two houres be paſt, let the party drink as much poſſet drink as he can.

Another.

Take the quantity of a Wallnut of black Sope, and three times as much crown Sope, mix them together, then ſhred a pretty quantity of Rue, and half a ſpoonfull of Pepper finely beaten, and a quarter of a ſpoonfull of fine wheat flour; mingle

gle all theſe together, then take as much ſtrong Beer as will make it ſpread upon a linnen cloth, whereof make two plaiſters, and lay to each wriſt one, and ſow them faſt on for nine dayes; this muſt be applied as the cold fitt beginneth to come upon them.

To make Pills to cleanſe the backe.

Boyle *Venice* Turpentine in Plantain water, then take the Turpentine, and bray it in a Morter to very fine powder, take the powder and mingle it with powder of white Amber, powder of *Oculorum cancrorum*, and powder of Nutmeg, of each half a drachm: mix them up into Pills, and take three of them in a morning.

A Bath.

Take Mallow leaves, Violet leaves, Endive, Motherwort, Mugwort, Roſe leaves, Lettice, Cammomill, Bay leaves; boyle of all theſe one handfull, in a ſufficient quantity of pure running water, and ſet in the Bath about an hour, then goe into a warm bed and ſweat awhile, and when you come out of your ſweat, and are pretty cool, eat Strawberries and Sugar, this will clear the body and purifie the blood.

For the Cough of the Lungs, and defluxions.

You may take ſometimes of Sirrup magiſtrall, of Scabious and of *Oxymell Jutianizans*, of each one ounce, and of *Diacodium* half an ounce, and of Sirrup of *Diaſcreos* half an ounce: Mingle theſe all well together, and mingle with it alſo a drachm of pure flower of Sulphur finely ſearced; and take of this the quantity of a large Nutmeg three or four times in a day, at morning, an hour before dinner, an hour before ſupper, and laſt at night; it will cut the flegm, and carry it gently away, without any perturbation or violent trouble of coughing, and cauſe quiet reſt.

To

To cauſe a woman to have her Flowers.

Take of Gladwin Roots about a handful, boyle them in Vinegar, or in white Wine till they be very tender, and after put this into a Veſſel on the ground in a cloſe ſtool, ſo that the woman may ſit over it very cloſe ſtopped, ſo that the heat may ſtrike up into her body: This Medicine is reported never to fail, but to bring them down: But you muſt have a ſpeciall care that no woman being with child have this Medicine adminiſtred to her.

For the Cough of the Lungs.

Take of Coltsfoot two handfuls, of Hyſop, and the tops of red Nettles, of each one handful, of Horehound, and Maidenhair, of each half a handfull, of Raiſins of the ſun, having their ſtones taken out three ounces, of Liquorice ſliced half an ounce, and of Elecampane roots ſliced one ounce, of Anniſeeds half an ounce groſly bruiſed, boil all theſe together in a gallon of water in an earthen Pipkin with a gentle fire, till the third part be boyled away, then ſtrein it, and take a quart of the decoction, and put to it two ounces of Sugar-Candie beaten, and let it boil a little over the fire again, till the Sugar Candie be melted, then take it off the fire, and put it up into a glaſſe cloſe ſtopped, and drinke of it three or four ſpoonfuls morning and evening ſo long as it laſteth, a little warmed.

For Cramp or Numneſſe.

Take a penniworth of Saffron, put it into a little bag, then put it into three ounces of Roſewater, and ſtir it well in the Roſewater, then take four penniworth of Camphire, and infuſe that in the Roſewater, and being ſo infuſed and mixed; chafe the place with it warm, and ſmell to it, as he bathes the place.

For

For a Cough, Winde, and a cold Stomack.

Take four ounces of good Anniſe-ſeed water, mingle it with one ounce of ſpirit of Mint, and diſſolve it with two ounces of pure white Sugar candie, beaten into very fine pouder; ſet it upon a chafingdiſh of coals in a peuter diſh, and when it beginneth to walm, burn it with a paper as you doe wine, ſtirring it well together with a ſpoon, then take it off the fire, and evening and morning, take a good ſpoonful of it firſt and laſt. It will comfort the ſtomack, and is good againſt cough and winde.

For a Cough and Conſumption.

Take of Lungwort, Liverwort, Hyſop, Violet, and Strawbrrie leaves of each one handful, Licorice ſliced, and ſcraped, Anniſe-ſeeds, and Fennel-ſeeds, of each one penniworth a little bruiſed, a Parſly and a Fennel root clean ſcraped, pithed, and cut into ſmall peeces, twelve figs ſliced, four ounces of good great Raiſins having their ſtones taken out; boyl all theſe together in a pottle of clear running water, till it come to three pints, then put into it two ounces of pure white hard Sugar, diſſolve it upon the fire with the other decoction, then take it off, ſtrein it, and drink thrice a day of it, that is in the morning, about four in the afternoon, and laſt at night, three or four ounces of it at a time, and it will aſſwage the drineſs and thirſt, and open the obſtructions and ſtoppings of the Liver and Spleen, and cauſe your Flegm to com away with more eaſe.

For a Cold Dropſie.

Take *Olibanum*, and roſt it in a Fig, and apply it to their great Toe: But if they be ſwelled in their face or head; then take a new layd Egg roaſted hard, take out the yolk, ænd put into the hole ſo much Cummin Seed as will fill it, and apply it as hot as it may be endured to the nape of the neck.

For

For the Dropſie.

Take a pottle of White or Rheniſh Wine, an ounce of Cinnamon, and a pint of green Broom aſhes, put them together in an earthen pot eight and forty houres, the Cinnamon being firſt bruiſed; ſtirre them all often, and then put them up into a white Cotten bag, and let the liquor drain out of them, put it up again twice upon the lees, and then uſe four times a day of it, drink it cold, in the morning, one hour before dinner, one hour before ſupper, and when you goe to bed, at each time drink a quarter of a pint; if the greif be not fully removed, uſe a ſecond or third pottle ſo made up, but with moſt perſons one pottle ſufficeth.

For an Ague.

Take as much black Sope as a Wallnut, and three times as much crown Sope, and mingle them together, then ſhred about a pugill of Rue, and put thereto half a ſpoonfull of Pepper very finely beaten, and with a quarter of a ſpoonfull of fine wheat flour, or as much as ſhall ſuffice; mingle all theſe together, then take as much ſtrong Beer as will make it ſpread upon a linnen cloth, and make it up into two plaiſters, and apply to each wriſt one, and keep them faſt on for nine dayes together; you muſt apply the plaiſters juſt as the cold fit beginneth to come upon them.

Sweat is held by all experienced Phiſitians, to be very good to cure an Ague, but they muſt be put into their ſweat before the cold fit come upon them; you muſt uſe this twice or thrice before the Ague will be quite cured; and let them drink no other drink during their ſweat but *Aqua vitæ* and ſmall Beer mingled together, but you muſt not make it too ſtrong of the *Aqua vitæ*.

To comfort and ſtrengthen the Joynts and Sinewes.

℞. Of the flowers and ſeeeds of Saint *Johns* Wort three

ounces, steep them three dayes in sufficient Wine, and then seeth them in a brazen Vessell till the Wine be consumed, then strain them, and put to the straining as much of fresh Saint *Johns* Wort stamped, and steep it again three dayes, and afterward add thereunto, of Turpentine three ounces, of old Oyle eight ounces, of Saffron one scruple, of Mastick 3. ß. of Myrrh, of Frankincense, *ana.* 3. ii. ß, afterward put in the straining the space of a moneth, of the flowers and seed of Saint *Johns* Wort one handfull and half, of Madder brayed, of fine grain wherewith Scarlet is died, *ana.* three drachms, of the Juyce of Yarrow two ounces, seeth them to the consumption of the Juyce, with earth Wormes washed with Wine two ounces, and a little Wine odoriferous.

For obstructions of Liver and Spleen.

℞. Flowers of Burrage, Bugloss, Marigolds, Violets, Endive, of each a handfull, Dates stoned three ounces, of the best blew Currans two ounces, sweet Fennell-seed half an ounce, Graines and Coriander, of each one drachm, whole brown Watercresses nine leaves, Hysop stripped downwards nine little branches, of french Barly three ounces; boyl all these together in a pottle of spring water till a third part be consumed, then strain it, and when it is strained adde of the conserve of Barberries three ounces, Sirrup of Lemons and of Quinces, of each three ounces, this is to be taken morning and evening, nine spoonfuls at a time.

The Flowers are to be had at the Apothecaries, dry all the year.

For the Palsie in the head.

For the Palsie in the head, take of the oyles, of Amber, Fox, and Beaver, and mingle them together, and annoint the nape of the neck with them evening and morning, chafe it in with a warm hand, and chafingdish of hot coales.

And take of the oyle of Amber alone, and with your finger put

put ſome of it every morning into your noſe, and take two or three drops of it, and rub it into your head upon the mould thereof.

And take two or three drops of the ſame Oyle, and put it into your Beer or Ale for your mornings draught, eſpecially at the change or full of the Moon, for four or five dayes together.

Be ſure to keep warm, and avoid going abroad in rain, miſty, or moiſt weather.

Oyle of Saint Johns *Wort for ache and pain.*

Take a quart of Sallet oyle, put thereto a quart of flowers of Saint *Johns* Wort well picked, let them lie therein all the ſummer, untill the ſeeds of that hearb be ripe, the glaſſe muſt be kept warm, either in the Sun or in water, all the ſummer untill the ſeeds be ripe, then put in a quart of Saint *Johns* Wort ſeeds whole, and ſo let it ſtand twelve houres, the glaſſe being kept open, then you muſt ſeeth the oyle eight houres, the water in the pot full as high as the oyle in the glaſſe, when it is cold ſtrain it, that the ſeed remain not in it, and ſo keep it for your uſe.

For the knitting together and ſtrenthening of bones.

Give inwardly Knotgraſſe, Plantain, or Ribwort water, with Sirrup of the greater Comfrey, to three ſpoonfuls of the water exhibit one of the ſirrup, ſo often as they uſe it: There are alſo vulnerary Potions preſcribed for this purpoſe in the Diſpenſatories.

For the Courſes.

When you give *Oculos cancrorum* (truly called *Lapides cancrorum*) to provoke a womans Courſes, you muſt give her almoſt a ſpoonfull of it, mixed with ſome water of Motherwort, called *Artemiſia*, cauſing her to drink a good glaſs-full

of the water immediately after it; the beſt time to exhibite it, is to give it hot in the morning by four of the clock, and let her ſleep after it, you muſt give it about thoſe times ſhe ordinarily expecteth her Courſes; if you cannot get Morher-wort water, you may uſe in ſtead of it Penniroyall water.

You may diſſolve your powder of *Lapidum cancrorum*, either with juyce of Lemons, or with diſtilled Vinegar, and ſpirit of Vitrioll; If you put a greater proportion of Vitrioll, then of the other, it will ſooner diſſolve, you need but cover it with the juyce or ſpirits, and after ſome few houres poure off the ſpirits from the powder.

A Cordiall excellent good for melancholy, panting and trembling of the heart, ſwounding, fainting, coldneſſe, and rawneſſe of the ſtomack, and alſo for many other greifs ariſing from a cold and moiſt complexion, often proved with happy ſucceſſe.

Take of Saffron half an ounce, of Angelica roots finely ſliced one ounce, of Cloves ſix drachms, Balm two handfuls, Roſemary tops four handfuls, ſhread the hearbs and roots, and beat the ſpices groſly, then put them, with half a pound of Sugar, into three pints of ſmall Cinnamon water, or of ſmall *Aqua vitæ*, and let them ſtand infuſed three or four dayes together, after boyle them, and let the *Aqua vitæ* burn, ſtirring them well together, till near a pint thereof be conſumed away, then ſtrain it, and when it is ſettled poure off the clear from the bottome; keep the clear for your own uſe, and reſerve the bottome, which you may give away unto poor people, for it will be good and comfortable, though not ſo ſtrong: The way to uſe it, is to take every morning faſting a ſpoonfull, and after every meal, at each ſeverall time, a ſpoonfull.

A ſudden way to make up this excellent Cordiall.

Take of the beſt of Doctor *Mountfords* water, } *ana.* ℥. iiii.
Of very good Angelica water }

Of

Of Clove water,
Of Roſemary water,
Of Balm water,
Of ſpirit of Saffron ℥. ii.
} *ana.* ℥. iiii.

Mingle all theſe together, and with as much ſirrup of pure Sugar as ſhall ſuffice mingled, make it up, and put into either of theſe two Medicines, of Musk and Ambergreaſe, of each a grain. Both theſe are excellent Cordials for all the greifes before rehearſed.

Pills to purge flegm and Wind.

Take of the beſt Aloes ſuccotrina nine drachms, of Rubarb, Jallop, and Agarick, of each ſix drachms, of Maſtick four drachms, of red Roſe leaves three drachms, let all theſe be beaten ſeverally into very fine powder, and ſearced, then mix them well, and beat them up into a paſte, with ſirrup of damask Roſes as much as ſhall ſuffice, at the end add unto it twenty drops of oyle of Anniſeeds: when you have occaſion to uſe theſe Pills, take about two ſcruples thereof for one doſe made up into three Pills.

For the Gout.

Take of new extracted Honey two ſpoonfuls, a pennyworth of red Nettle ſeeds finely bruiſed, mingle them well together, and apply it to the Gout: Let the party drink every third day for a ſevennight in the morning in his bed half a pint of new Milk, of a red or black Cow.

For the Gout, My Lord Denni's *Medicine.*

Take Burdocks leaves and ſtalks, cut them ſmall, and ſtamp them very ſmall, then ſtrain them, and cleanſe them, and when you have ſo done put them into glaſſes, and put pure oyle of Olives a top of them, and ſtop it cloſe from the air, and when you would uſe it for the Gout, poure it into a porrenger and warm

warm it, and wet linnen clothes in it, and apply it warm to the greived place, warming your clothes one after another, as they grow cold that are on.

Another, very good for the Gout.

Take the Yeſt of Ale, and ſpread it upon brown paper, and apply it upon the greived place pretty warm, the ſpace of twelve houres: ſome firſt warm the pickle of Olives, and then bath the greived place therewith, putting their feet into it, and after uſe the former Medicine.

My Lord *Denni*'s Medicine muſt not be taken till three dayes after the change of the Moon, then after it muſt be taken ſix dayes together, then ſix dayes before the full it muſt be taken twice a day.

To ſtay the Courſes when they come down too violently.

Take half a drachm or a drachm of *Diaſcordium*, diſſolve it in a drachm of poſſet Ale, wherein formerly hath been boyled half a handfull of Shepherds purſe, and as much knotgraſſe, and of the greater Comfrey, and drink thereof a good draught at a time morning and evening.

For the Whites.

Take a quarter of a handfull of white Archangell, Plantain, Sheaphards purſe, and of the greater Comfrey, of each half a handfull, of the hearbs Horſe-taile, and Cats-taile, of each half a handfull, boyle all theſe in two quarts of Milk till half be conſumed away, then ſtrain it, and ſweeten it with good white Sugar Candy finely beaten, and drink of it twice a day for ten or fifteen dayes together.

To keep the body ſoluble, and to purifie the bloud.

Take Maydenhair, wild Germander, wood-Sorrell, and Balm,

Balm, of each a pugill, of wild Mercury half a handfull, of damask Roſes two handfuls, of clarified Whey ſix pints, let it ſtand ſcalding hot for an houre ſtirring it ſometimes, after an hour is paſt ſtrain it, and drink it twice or thrice a day a good draught of it; and if you waſh your hands in Beef broth after your taking it, it will take away all roughneſſe and haires of the hands, it may be taken ſafe of a woman with child

For the green Sickneſſe, or yellow Jaundies.

For cure hereof firſt purge univerſally with this or the like purgation. ℞. of *Hiera picra* four ſcruples, of Rubarb, and Trochiſces of Agarick, of each half a drachm, of raſped Ivory, and Hartſhorn, of each half a ſcruple, of Cinnamon ſix graines, of Saffron four graines, of *Diacatholicon* half an ounce; infuſe theſe things in the Whey of Cows Milk, or in the diſtilled water of *Alkakengie*, or in Dodder water, or Endive water, you may adde *Oxymell* thereto.

An Electuary for the green Sickneſſe.

Take of *Diatrion ſantalon*, and *Diarrhodon abbatis*, of each one drachm, of *Diacurcuma*, and confection of *Alkermes*, of each half an ounce, of *Diamargariton frigidum*, and *Calidum*, of each two drachms, of raſped Ivory, and Hartſhorn, of each one drachm, of all theſe make an Electuary, and give it evening and morning by it ſelf, or with Dodder or Endive water, the doſe is one drachm, *pro tempore uno*.

An excellent Powder for the green Sickneſſe.

℞. four ſcruples of Gentian made into fine powder, of raſped Ivory, and Hartſhorn, of each two ſcruples; make theſe into a fine powder, and give a ſpoonfull thereof with white Wine, or the like, at once.

Another

Another Medicine.

℞. Three or four ſpoonfuls of flemiſh Madder, boyle it in two quarts of white Wine, with a peice of Sugar, to the conſumption of half of it, ſtrain it, and let the Maiden drink thereof morning and evening a good draught warm, and walk, or uſe ſome exerciſe to heat the body, but take no cold; uſe this for eleven or twelve dayes together.

A ſingular purging Potion againſt the green Sickneſſe, and all opilations of the Liver, and cauſeth young Maids to look freſh, and fair, and cherry-cheek'd, and will bring down their Courſes, the ſtopping whereof cauſeth this greif, and it is good againſt all manner of itch, ſcabs, breaking out, and manginеſſe of the body, purifying the blood from all corruption.

℞. Of the roots of Monkes Rubarb, that is red Dock, and of red Madder, *ana.* half a pound, of Sena four ounces, of Anniſeſeed, and Licorice, of each two ounces, of Scabious, and Agrimony, of each one handfull; ſlice the roots of Rubarb, and bruiſe the Anniſeſeed and Licorice, break the hearbs ſmall, and put them all into a pot with four gallons of ſtrong Ale, and infuſe them all the ſpace of three dayes, then drink of this drink, for your ordinary drink, for three weeks at the leaſt, the longer the better, and make new as need requireth; it cureth the Dropſie, and yellow Jaundies alſo, if youput in of Cammomill one handfull.

For the green Sickneſſe, or Jaundies.

℞. Of white Briony root ſliced half an ounce, boyle it in a pint of Ale gently a quarter of an hour, and drink a good draught thereof, and ſweat, and in your ſweat drink it all, or as much as you can, the next day make new and drink again, but without ſweating, and uſe ſome exerciſe to keep the body warm; uſe this laſt order twelve dayes together, uſe good

good Cordials and Reſtoratives, with ſirrup and conſerve of Fumitory.

For the green Sickneſſe, and Jaundies.

Boyle of Rue, and Sage, of each a bundle, in a quart or three pints of Ale, with one ſcruple of Saffron.

To cure this diſeaſe, the Electuary of Steel is excellent, if the body be firſt purged, for it doth open all obſtructions: but the Patient muſt uſe ſome exerciſe after the taking it, to ſtirre up naturall heat the better; the doſe is half an ounce at a time to take of it.

The Steel for the Electuary is thus prepared.

℞. Of the filings of the beſt Iron, or Steel, as much as you pleaſe, grinde it ſubtilly and finely, upon a Porphiry, or red Marble ſtone, with Vinegar, then dry it at the Sun, or at the fire, and grinde it again with Vinegar as at the firſt, and doe thus ſeven times one after another, and thus you have the Steel prepared fit for you.

The Electuary of Steel is made up thus.

℞. Of the filings of Steel ſo prepared half an ounce, Cinnamon, Nutmegs condited, of each three drachms, of choſen Rubarb two drachms, of the ſpecies of *Aromaticum roſatum* half a drachm, of choſen Honey, and of fine white Sugar, of each one pound and one ounce; mingle theſe all together over a ſoft fire, and make it up into an Electuary. After the taking of this Electuary, let the Patient in all caſes uſe ſome bodily exerciſes, being firſt univerſally purged, for this Electuary is moſt excellent againſt all obſtructions of the Liver, Spleen, or other diſeaſe, and for the green Sickneſſe.

For the green Sickneſſe, or green Jaundies.

The green Sickneſſe, or Jaundies cometh of yellow choller

mixed with corrupt or putrified flegm, and corruption of bloud, debility of nature, and faintnesse of heart; it happeneth also when the Liver is weakened that it cannot convert the nourishment into bloud, but the digestion is raw and crude, so that the whole body is filled with water and flegm instead of good bloud; it is cheifly found in young Maidens, who desire to abate their fresh colours, and, as they conceive, to be fine, and fair, and foolishly feed upon trash (which altereth the colour and state of their bodies) as of unripe Apples, Peares, Plums, Cherries, and raw Fruits, and Hearbs, or Meale, Wheat, Barly, raw Milk, Chalk, Lime, and the like, and they that have this disease are very pale and greenish; if they chance to cut their finger, no bloud, but water, will follow; they feele great pain in their head, with continuall beating, are faint, short-breathed, and their naturall Flowers are stopped and stayed, to the prevention and cure whereof, the body must first be well and orderly purged, as by the Medicines before prescribed.

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